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ABSTRACT

The Youth Risk Behavior Survey (YRBS) is a national survey developed by the Division of Adolescent and School Health, Centers for Disease Control and Prevention (CDC), in collaboration with 71 state and local departments of education and 19 federal agencies. The YRBS specifically investigates behaviors related to the leading causes of mortality, morbidity; and social problems. This YRBS report concentrates on high school and middle school students in Alaska. It examines student responses about six categories of adolescent behavior: (1) behaviors that result in unintentional and intentional injuries; (2) tobacco use; (3) alcohol and other drug use; (4) sexual behaviors that can result in HIV infection, other sexually transmitted diseases (STDs), and unintended pregnancies; (5) dietary behaviors; and (6) physical activity. Numerous tables highlight findings throughout the text. Appendix A contains high school questions and Alaska responses, and Appendix B contains middle school questions and Alaska responses. (DR)

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Youth Risk Behavior Survey

Alaska Report 1995

PS 024094

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1995 Alaska Youth Risk Behavior Survey (YRBS)

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- the Alaska Parent Teacher Association, the Alaska Adolescent Health Advisory Committee, community based PATCH and Tobacco Coalitions, the Alaska Chapter of the American Cancer Society and other agencies which supported the approval and implementation of the survey; and

- the report reviewers for their suggestions. While we have tried to incorporate or respond to all suggestions and comments from our reviewers, we did not ask them to reread and endorse the final version. The authors accept full responsibility for the content of this document.

Youth Risk Behavior Survey Background

The Youth Risk Behavior Survey(YRBS) is a national survey developed by the Division of Adolescent and School Health, Centers for Disease Control and Prevention (CDC) in collaboration with 71 state and local departments of education and 19 federal agencies. The survey is a component of a larger national effort to assess priority health risk behaviors that contribute to the leading causes of mortality, morbidity and social problems among youth and adults in the United States.

Areas of Emphasis

The YRBS specifically investigates behaviors related to the leading causes of mortality, morbidity and social problems among youth in the United States. Among deaths occurring to youths aged 5-24 years, 72% are due to intentional and unintentional injuries. Additionally, 86% of all sexually transmitted diseases occur among 15-29 year olds and each year an estimated 1 million teenage girls become pregnant. One in every five persons diagnosed with AIDS in the U.S. is between 20-29 years of age. Given that the incubation period from HIV infection to AIDS averages 10 years, many of these individuals were likely infected during their teenage years.

Voluntary behaviors directly contribute to the deaths, diseases and social problems described above. Examples of risk behaviors include: carrying a weapon, physical fighting, suicide attempts, drinking or using drugs, lack of seatbelt or helmet use and unprotected sexual intercourse.

Many behaviors that contribute to preventable adult deaths are started during youth. Among adults in the U.S. over 25 years of age, 67% of deaths are caused by diseases of the heart (35%), cancer (25%) and stroke (7%). Behaviors related to these causes of death include: use of tobacco; excessive consumption of fats, calories and sodium; insufficient consumption of fiber; fruits and vegetables; and insufficient physical activity.

The YRBS survey examines six categories of adolescent behavior:

- behaviors that result in unintentional and intentional injuries;
- tobacco use;
- alcohol and other drug use;
- sexual behaviors that can result in HIV infection, other sexually transmitted diseases (STD's) and unintended pregnancies;
- dietary behaviors; and
- physical activity.

Survey Development

The YRBS high school survey was first implemented at the national level in 1990. Since that time CDC has sponsored national and state surveys in 1991, 1993 and most recently, in 1995.

A middle/junior high school version of the YRBS was implemented for the first time in 1995. Alaska first participated in the YRBS in 1995 at both the high school and middle school levels.

Whenever possible, questions were selected for the YRBS that had been used successfully in other school-based surveys of secondary school students. Evidence from previous surveys indicates that secondary school students can understand and appropriately respond to the questions. The questions were developed by health and education experts in their respective fields with the National Health Objectives and National Education Goals in mind.

Extensive focus group and field test work was conducted during the development of both high school and middle school questionnaires. A review of student responses led to recommendations for improving the wording of some questions, setting recall periods i.e. in the past 30 days and identifying response categories. The field testing also sought to identify survey conditions that would encourage honest responses. The field testing found that the best method for collecting data was the classroom where students are accustomed to being tested using a paper and pencil format. This and other research indicates that risk behavior data may be gathered from adolescents as reliably as from adults. To obtain truthful answers, students must perceive the survey as important and believe procedures are implemented to protect their privacy and allow for anonymous and voluntary participation.

Methodology:

All public schools in Alaska with students in grades 9-12 for the high school survey and students in grades 7-8 for the middle school survey were eligible to be selected in the sample. Special education and English as a second language classes were excluded at the classroom level. Group home, correspondence and correctional schools were also excluded from the sample. A sufficient number of students were selected to give a ±5% margin of error for each question. Because of the large number of small schools in Alaska, more schools were sampled than many other states. The methods used resulted in a sample that is statistically representative of all schools in Alaska which met the above criteria

A two-stage sample design was used. The first stage sampling consisted of all public schools at the high school and middle school level. Schools were selected with probability proportional to school enrollment size. For the second sampling stage, classes of a required subject or a required school period were randomly selected. All students in the selected classes were eligible to participate in the survey. Students, parents, schools and school districts had the opportunity to decline participation.

Teachers were given a script to read to students which established guidelines for student privacy and anonymity and the importance of the survey. Each student was given an unmarked envelope in which to seal his or her survey before turning it in. These survey envelopes remained sealed until received at a central state collection site.

The state survey was analyzed by the CDC and Westat, Inc, a CDC contractor. Analysis included the scanning of the surveys and performance of extensive edit checks to identify survey inconsistencies. When inconsistencies were found, responses were excluded from the analysis. For example, if a student reported in one question having never been in a physical fight, but then reported in another question being hurt in a physical fight, the data on that student was excluded for the two questions related to physical fighting.

At the same time that Alaska implemented the YRBS, a national YRBS was conducted at the high school level. At the time of this report, the 1995 national results are still being analyzed. Therefore, the report provides the 1993 national high school results as a comparison.

A national YRBS at the middle school level has not been done. Therefore, national comparisons are not available for the middle school section.

Survey Limitations:

The statewide YRBS provides descriptive data on the *what, who, where* and *when* of the self reported behaviors in the six major categories. The questions of *why* and *how* cannot be answered by this survey. Furthermore, the data can only be generalized to the population that is defined in the sample: public school students in grades 7-8 and 9-12. Students who were enrolled in English as a second language classes, special education classes, correspondence schools, group home schools and correctional schools are not represented. Also, youth who dropped out of school are not included.

The middle school survey is not always directly comparable to the high school survey. First, the time frame asked in the survey questions is often different between the two surveys. For example, the middle school survey more commonly asked if a student had **ever** done a behavior, whereas the high school survey more commonly asked about the previous **30 days or 12 months**. Second, the middle school questions tend to be broader and more general than the high school questions. Third, the high school survey is longer, containing 84 questions compared to 54 for the middle school survey.

Participation in the State Survey:

Because of the high response rates (described below) and a comparison of the demographics of survey responders to the total sampled population, Alaska was provided "weighted data." The weighted data makes it possible to generalize the results to all Alaska middle and high school students defined by the sample.

High School

At the high school level, 38 schools were selected. Of the 38 schools, 31 chose to participate in the survey resulting in a school response rate of 82%. Within the

schools that participated, the student response rate was 78%, resulting in 1,634 respondents. Characteristics of the respondents are shown below:

		Unweighted Number	Weighted Percent
Age(years)*	<=15	597	36.5
	16-17	821	48.1
	>=18	215	15.3
Sex*	Male	821	47.6
	Female	807	52.4
Grade	9th	497	29.8
	10th	383	25.8
	11th	477	23.0
	12th	269	21.0
	Ungraded/other	8	0.4
Race/Ethnicity	White-not Hispanic	1147	68.3
	Black-not Hispanic	87	5.2
	Hispanic or Latino	53	3.3
	American Indian or Alaska Native	184	15.0
	Asian or Pacific Islander	75	4.3
	Other	62	3.9

*numbers may not total 1,634 due to missing responses

Middle School

At the middle school level, 40 schools were selected as part of the statewide sample. Of the 40 schools, 32 participated, resulting in a middle school response rate of 80%. At this level, 80% of the sampled students completed the surveys, resulting in 1,265 respondents. The middle school questionnaire did not include a question on race/ethnicity. Characteristics of the respondents are shown below:

		Unweighted Number	Weighted Percent
Age (years)	<=12	200	15.8
	13	591	46.8
	>=14	474	37.4
Sex*	Male	651	52.3
	Female	608	47.7
Grade*	7	636	50.6
	8	606	48.0
	Other	15	1.3

*numbers may not total 1,265 due to missing responses

High School Results
Grades 9-12

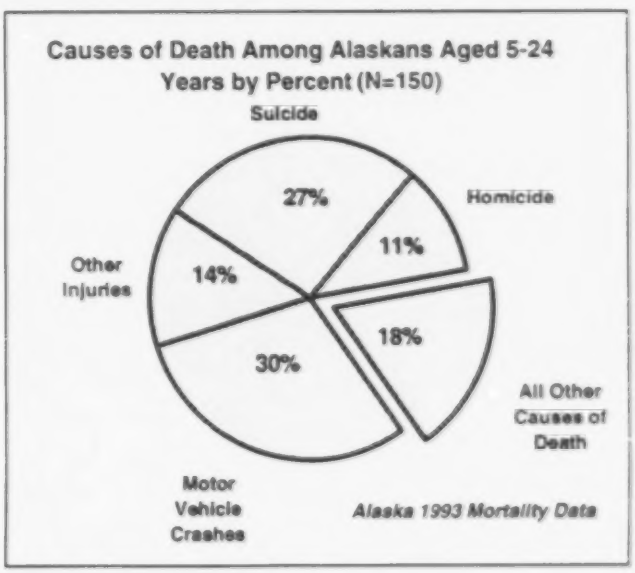
Introduction:

The report that follows presents selected findings from the high school YRBS. The results of all survey questions, number of responses and weighted percentages are included in Appendix A. Information from the 1995 Alaska YRBS and the 1993 National YRBS are included. The responses in the report represent all students surveyed unless otherwise specified.

Section 1: Injury

BACKGROUND

Injuries are the leading causes of death among children, adolescents and young adults. As shown in the accompanying graph, 82% of the deaths among young people in Alaska (ages 5-24 years) are attributable to injuries, including motor vehicle crashes, homicide, suicide and other unintentional injuries. In the age group 5-14 years, boys are 1.3 times as likely to die and in the age group 15-24 years, boys and young men are almost 3 times as likely to die as girls and young women. Furthermore, Alaskans of all ages have one of the highest suicide rates in the U.S. (Alaska: 23.6/100,000; U.S.:11.2/100,000)[1].

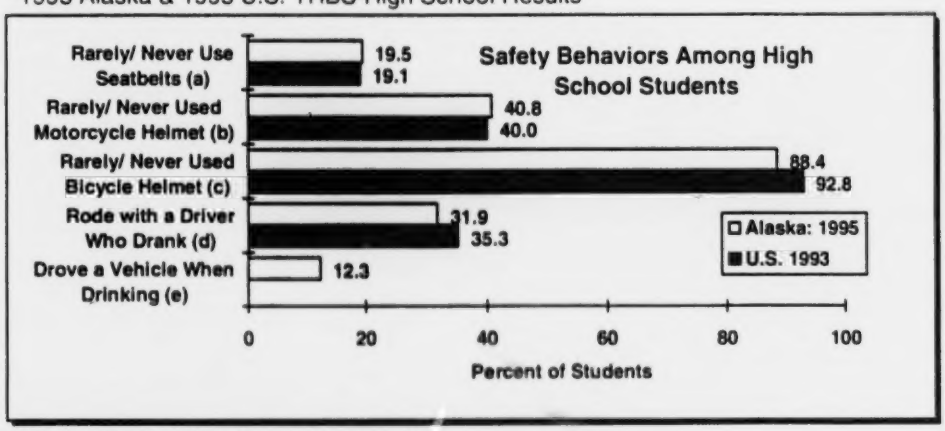


YRBS RESULTS

Safety Behaviors Regarding Vehicles and Bicycles

Among high school students, about 20% rarely or never use seatbelts. Among those who ride motorcycles, about 40% rarely or never wear helmets; among those who ride bicycles, 88.4% do not wear helmets. Within the 30 days prior to the survey, 31.9% rode with an automobile driver who had been drinking alcohol and 12.3% drove a vehicle when drinking alcohol. Alaska data are similar to the U.S. data for all of these measures, although U.S. data for driving while drinking are not available.

1995 Alaska & 1993 U.S. YRBS-High School Results

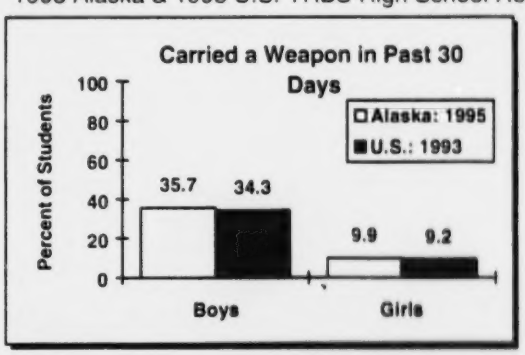


a) When riding in a vehicle driven by someone else.
b) Among students who rode motorcycles in the 12 months preceding the survey.
c) Among students who rode bicycles in the 12 months preceding the survey.
d) One or more times during the 30 days preceding the survey.
e) One or more times during the 30 days preceding the survey; no national data.

Carried a Weapon

Over one-third of high school boys report having carried a weapon, such as a gun, knife, or club within the past 30 days. About 10% of girls reported carrying a weapon. The Alaska data are similar to the U.S. data.

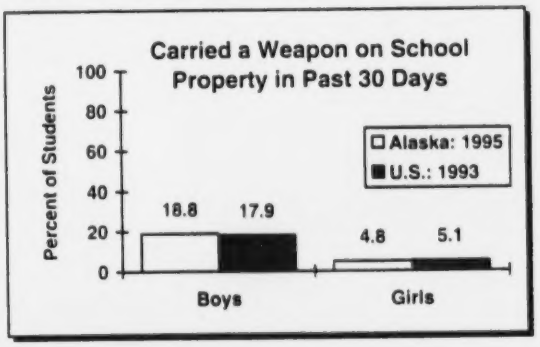
1995 Alaska & 1993 U.S. YRBS-High School Results



Carried a Weapon on School Property

Among Alaska high school students, 18.8% of boys and 4.8% of girls report having carried a weapon, such as a gun, knife or club, on school property in the previous 30 days. The Alaska data are similar to the U.S. data.

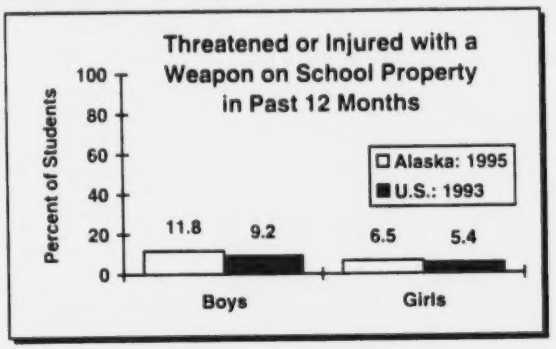
1995 Alaska & 1993 U.S. YRBS-High School Results



Threatened or Injured by a Weapon on School Property

1995 Alaska & 1993 U.S. YRBS-High School Results

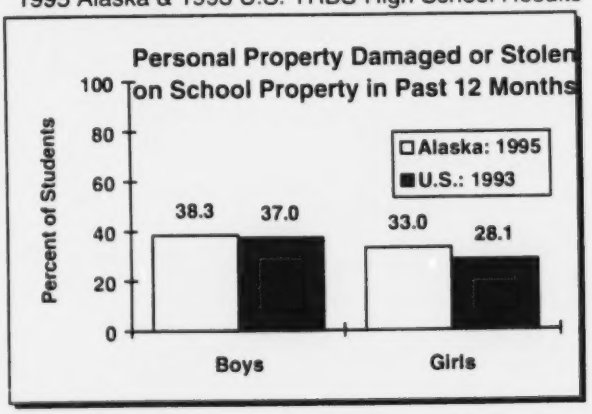
Among Alaska high school students, 11.8% of boys and 6.5% of girls report having been threatened or injured with a weapon such as a gun, knife or club on school property within the past 12 months. The Alaska data are similar to the U.S. data.



Personal Property Stolen/Deliberately Damaged on School Property

1995 Alaska & 1993 U.S. YRBS-High School Results

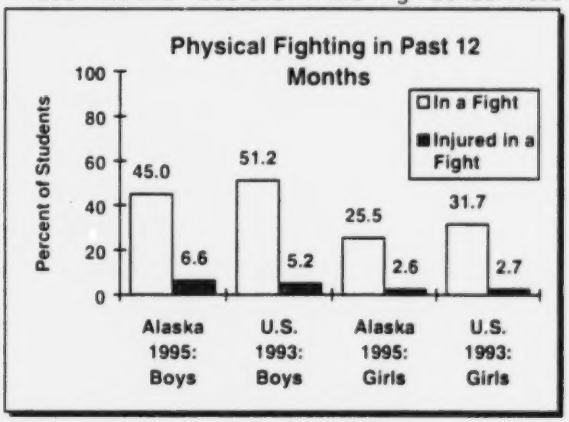
Approximately one third of Alaska high school students report having had personal property, such as a car, clothing or books, deliberately damaged or stolen on school property within the past 12 months. The Alaska data are similar to the U.S. data.



Physical Fighting in Past Twelve Months

Among Alaska high school boys, 45.0% report having been in a physical fight within the past 12 months and 6.6% report having been injured (requiring treatment by a doctor or nurse) in a physical fight. Girls are less likely to report physical fighting.

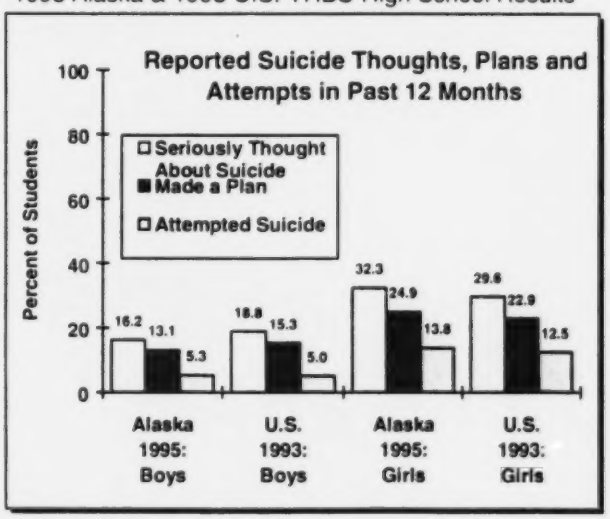
1995 Alaska & 1993 U.S. YRBS-High School Results



Suicide

Girls are more likely to report suicide thoughts, plans and attempts within the past 12 months than are boys. Among Alaska girls, 32.3% have seriously thought about suicide, 24.9% have made a plan and 13.8% report suicide attempts. Among Alaska boys, 16.2% have seriously thought about suicide, 13.1% have made a plan and 5.3% report suicide attempts.

1995 Alaska & 1993 U.S. YRBS-High School Results



Section 2: Tobacco Use

BACKGROUND

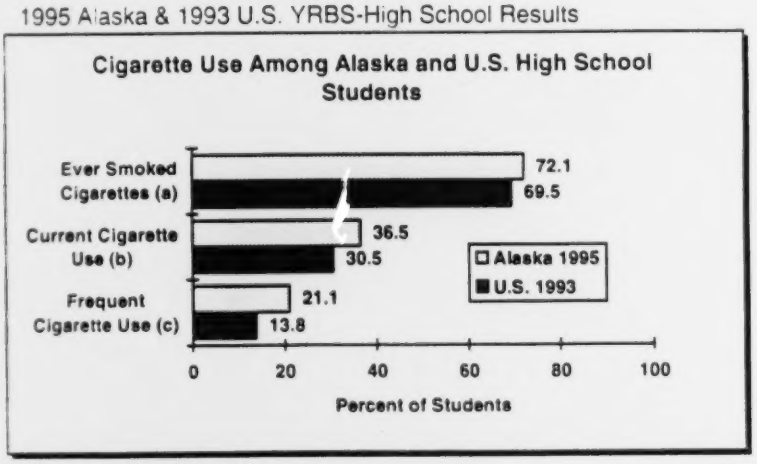
Tobacco is the leading preventable cause of premature mortality in the United States. The majority of Alaska smokers (83.7%), began smoking between the ages of 10 and 20 years[2]. Because of the addictive properties of nicotine, smokers find it difficult to quit. Therefore, many efforts to decrease smoking in our society have been directed towards youth to decrease access to tobacco products and to discourage youth from starting to smoke[3].

YRBS RESULTS

Cigarette Smoking

Alaska high school students are more likely to be current smokers and frequent smokers, than are U.S. students. Smoking rates are similar for boys and girls.

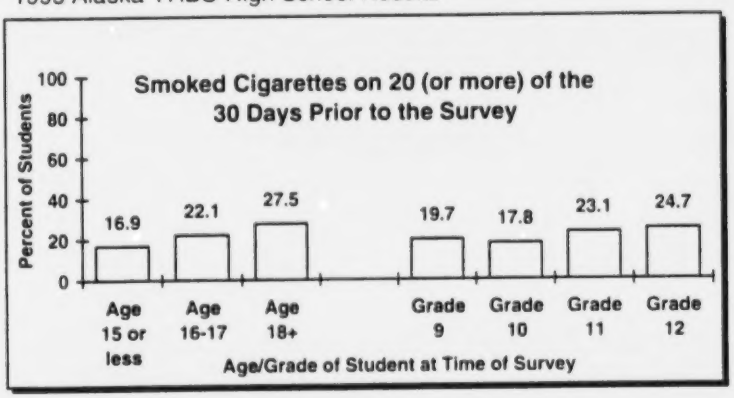
1995 Alaska & 1993 U.S. YRBS-High School Results



a) Ever tried cigarette smoking.
b) Smoked on at least one of the 30 days prior to the survey.
c) Smoked on at least 20 of the 30 days prior to the survey.

Alaska students who are older and in higher grades, are more likely to be frequent smokers (smoking 20 or more days of the previous 30 days). Almost 20% of ninth graders are frequent smokers.

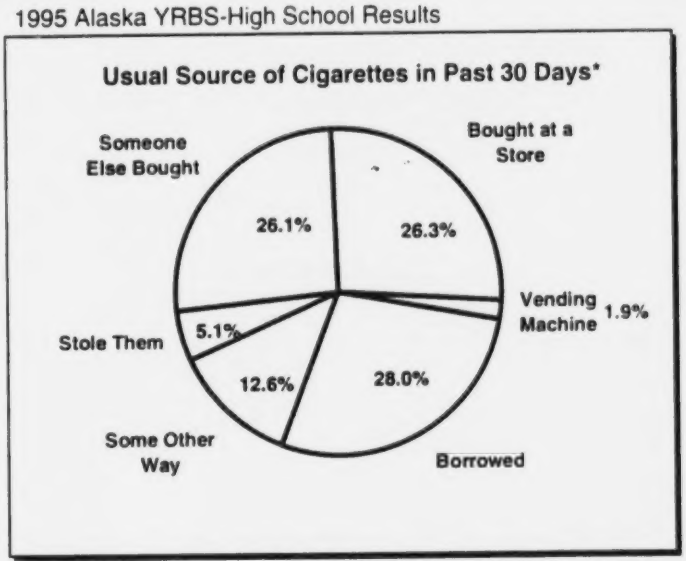
1995 Alaska YRBS-High School Results



Where are Students Getting Cigarettes?

During the 30 days prior to the survey, most Alaska high school students obtained cigarettes in the following ways: borrowed from someone else, someone else bought the cigarettes, or the student purchased his/her own cigarettes. Few use vending machines.

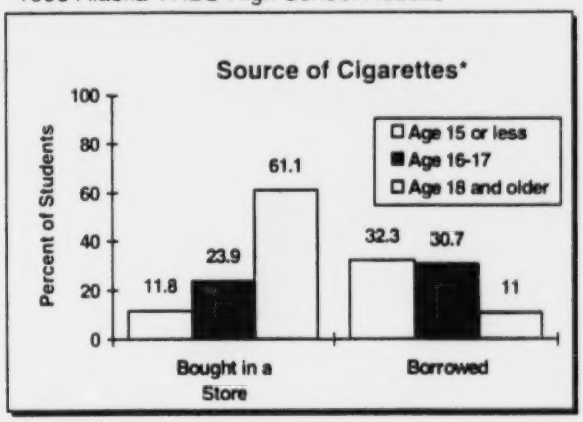
1995 Alaska YRBS-High School Results



*Among students who smoked cigarettes in past 30 days.

Of Alaska students who smoked in the past 30 days, those aged 18 and older are far more likely to buy their own cigarettes in stores, whereas younger students are more likely to borrow cigarettes. Even so, almost 12% of students aged 15 or less bought cigarettes in a store.

1995 Alaska YRBS-High School Results

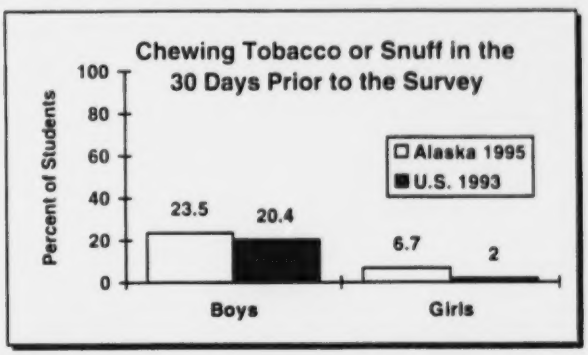


*Among students who smoked in past 30 days.

Chewing Tobacco and Snuff

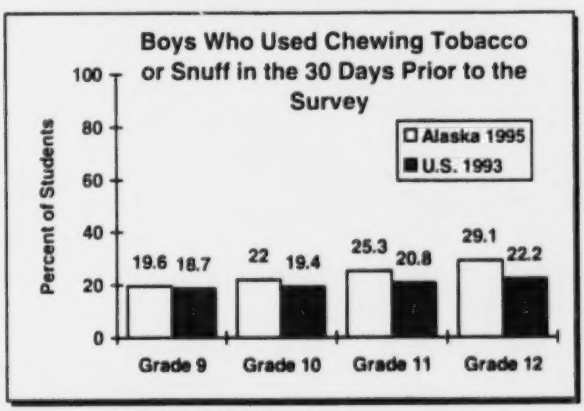
Boys are more likely than girls to report having used chewing tobacco or snuff in the 30 days prior to the survey. Alaska girls are more likely to use smokeless tobacco than are U.S. girls.

1995 Alaska & 1993 U.S. YRBS-High School Results



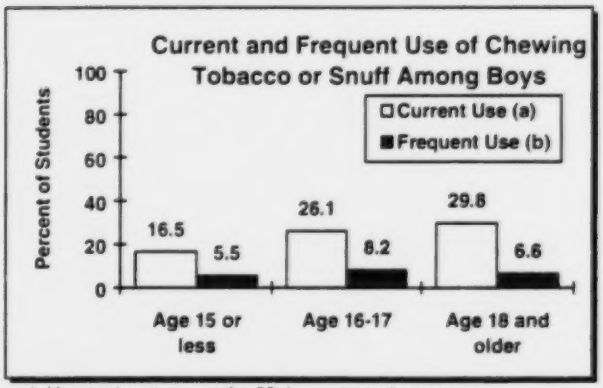
Smokeless tobacco use increases with grade level, so that 29.1% of high school senior boys have used smokeless tobacco products within the past 30 days. The data suggest that Alaska boys are more likely to be current users of smokeless tobacco than are U.S. boys.

1995 Alaska & 1993 U.S. YRBS-High School Results



1995 Alaska YRBS-High School Results

Almost 30% of high school boys aged 18 and older have used chewing tobacco or snuff at least once during the past 30 days. The data suggest that frequent use (use on 20 or more of the previous 30 days) is more common among boys aged 16 and 17.



a) Used at least once in the 30 days prior to the survey.
b) Used on 20 or more of the 30 days prior to the survey.

Section 3: Drug and Alcohol Use

BACKGROUND

Alcohol and drug abuse are major contributing factors in homicides, suicides and motor vehicle crashes, which are the leading causes of death and disability among young people in the U.S. and in Alaska. Heavy drinking and drug abuse among youth are linked to physical fights, destroyed property, job problems, school failure, delinquency, unwanted pregnancies and transmission of sexually transmitted diseases[4,5].

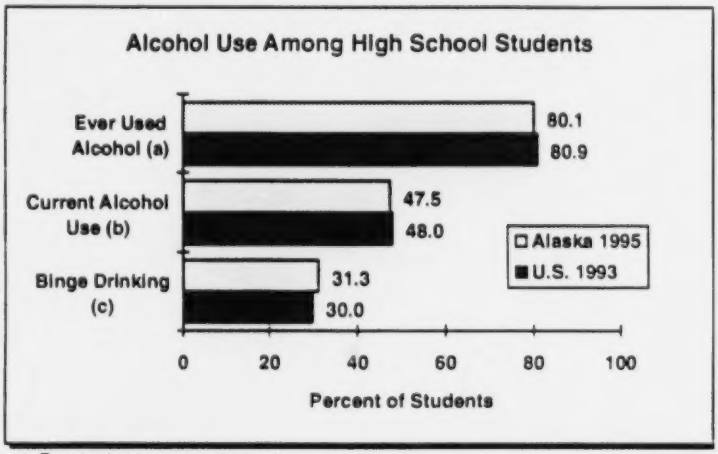
An estimated 19.2% of Alaska adults report binge drinking (having five or more drinks on an occasion, one or more time in the past month). Alaska's rate of binge drinking is among the highest in the U.S.[6].

YRBS RESULTS

Use of Alcohol

Almost half of Alaska high school students have had at least one drink of alcohol in the past 30 days. Additionally, 31.3% report binge drinking (five or more drinks in a row at least once in the past 30 days). Alaska students are similar to U.S. students.

1995 Alaska & 1993 U.S. YRBS-High School Results

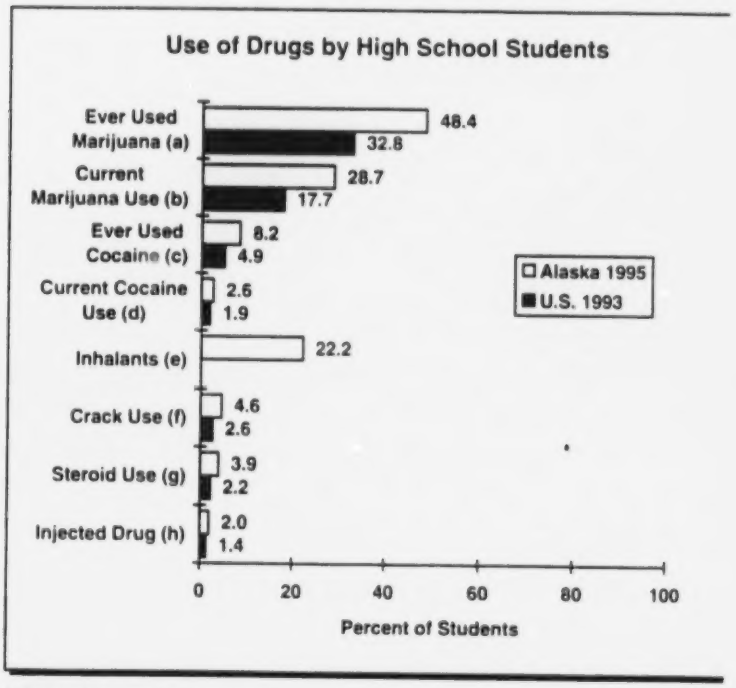


a) Ever had at least one drink.
b) Had at least one drink in the 30 days prior to the survey.
c) Had five or more drinks within a couple of hours, in the 30 days prior to the survey.

Use of Drugs

The most common drugs used by high school students in Alaska are marijuana and inhalants (glues, paints and sprays). Alaska students are more likely to report use of all drugs than are U.S. students. Boys were slightly more likely than girls to report marijuana use within the past 30 days (32.1% of boys versus 24.9% of girls, data not shown); otherwise results for boys and girls are similar.

1995 Alaska & 1993 U.S. YRBS-High School Results

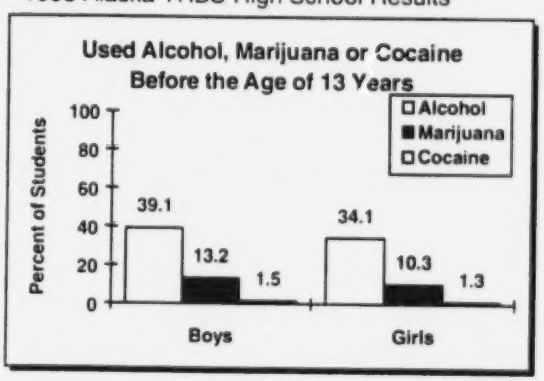


a) Ever used marijuana.
b) Used marijuana one or more times in the 30 days preceding the survey.
c) Ever tried any form of cocaine.
d) Used cocaine on one or more days in the 30 days prior to the survey.
e) Ever sniffed glue, breathed contents of spray cans or inhaled paints or sprays to get high; no U.S. data.
f) Ever used crack or freebase.
g) Ever used illegal steroids.
h) Ever used a needle to inject an illegal drug.

Use of Alcohol, Marijuana and Cocaine Before Age 13 Years

Almost 40% of Alaska high school boys report having had a first drink of alcohol before age 13 years. Also by age 13 years, 13.1% of boys and 10.3% of girls report having tried marijuana for the first time, accounting for about a quarter of those who have ever used marijuana. Percentages of age at first use are similar for boys and girls.

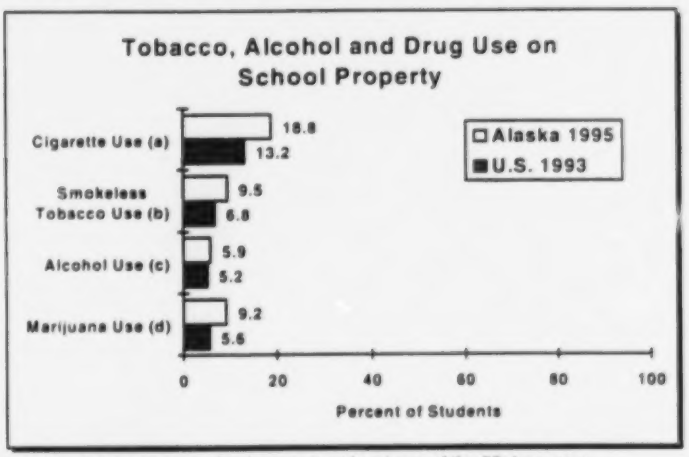
1995 Alaska YRBS-High School Results



Tobacco, Alcohol and Drug Use on School Property

Some drug use occurs on school property. Even though the overall use of marijuana is lower than alcohol, more Alaska students use marijuana than alcohol on school property. Alaska students are more likely to report use of drugs on school property than are U.S. students. The only exception is for alcohol use where results are similar.

1995 Alaska & 1993 U.S. YRBS-High School Results

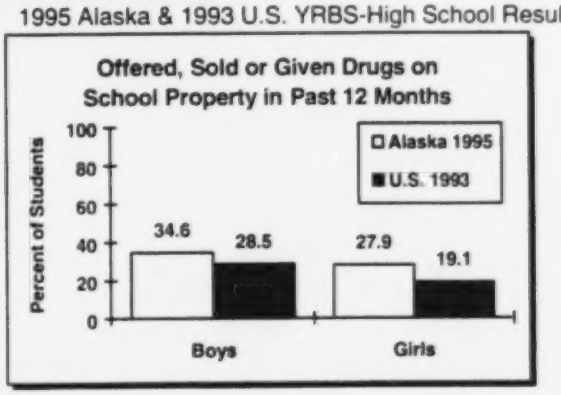


a) Used cigarettes on school property at least one of the 30 days pnor to the survey.
b) Used chewing tobacco or snuff on school property on at least of the 30 days pnor to the survey.
c) Drank alcohol on school property on at least one of the 30 days pnor to the survey.
d) Used manjuana on school property on at least one of the 30 days prior to the survey.

Students Who Where Offered, Sold or Given Drugs

1995 Alaska & 1993 U.S. YRBS-High School Results

Among Alaska high school students, 34.6% of boys and 27.9% of girls have been offered, sold or given an illegal drug on school property in the preceding 12 months. U.S. students are less likely to be offered, sold or given drugs on school property.



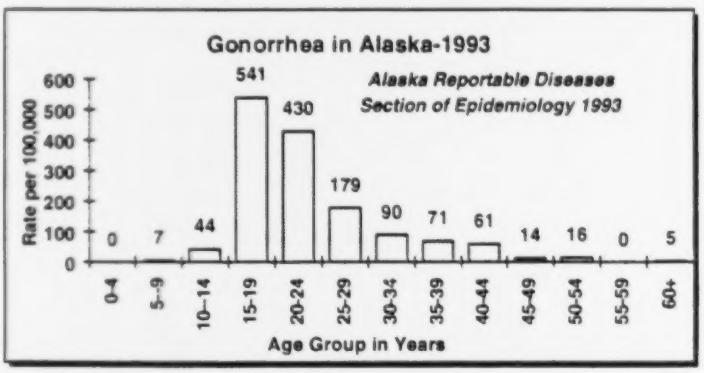
Section 4: Sexual Behaviors

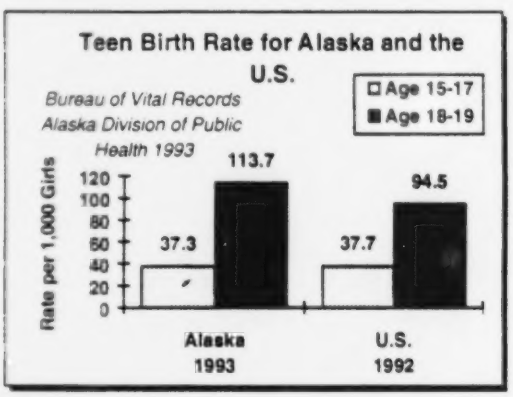
BACKGROUND

Early sexual activity can be associated with unwanted pregnancy and sexually transmitted diseases, including HIV infection. Sexually transmitted diseases can lead to infertility, pelvic inflammatory disease and other complications. HIV infection which leads to AIDS is not curable and preventive efforts are the only means of decreasing the spread of the epidemic.

The graph below shows that the age group 15-19 years has the highest rate of gonorrhea infection.

The graph below shows the teen birth rate for Alaska and for the U.S. In 1993, 428 girls age 17 and younger gave birth in Alaska[7].



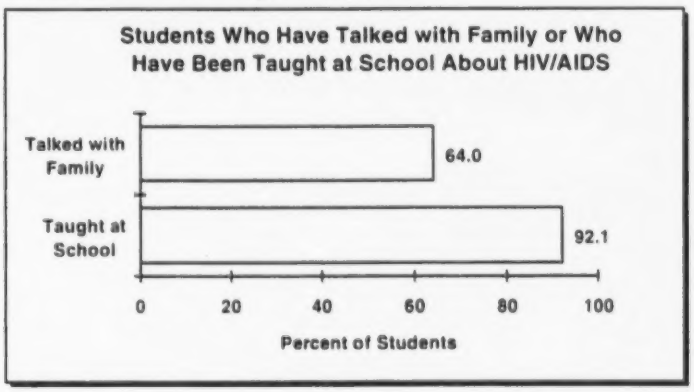


YRBS RESULTS

How are Alaska High School Students Learning about HIV/AIDS?

Over 90% of high school students have been taught about HIV/AIDS in school. Almost two-thirds report that they have talked about HIV/AIDS infection with their parents or other adults in the family.

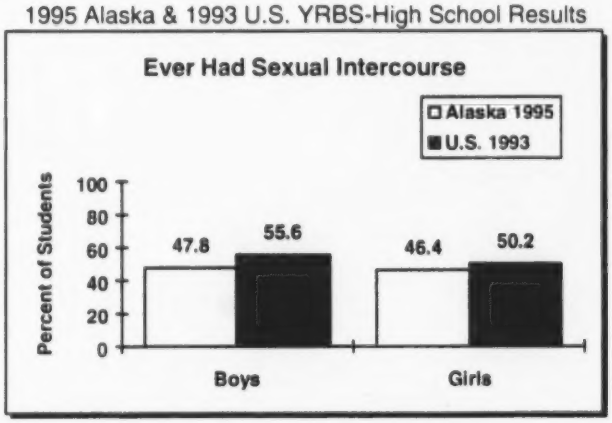
1995 Alaska YRBS-High School Results



Sexual Activity

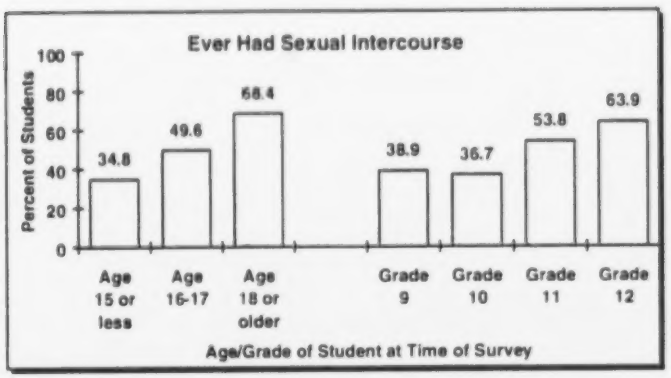
Almost half of high school students report that they have had sexual intercourse at least once. Rates are similar for boys and girls. The data suggest that Alaska rates are slightly less than the U.S. rates.

1995 Alaska & 1993 U.S. YRBS-High School Results



The percent of Alaska students who report ever having sexual intercourse increases from 34.8% among those aged 15 or less to 68.4% among those aged 18 and older. Similarly, the percent increases with grade; 63.9% of high school seniors have had sexual intercourse at least once.

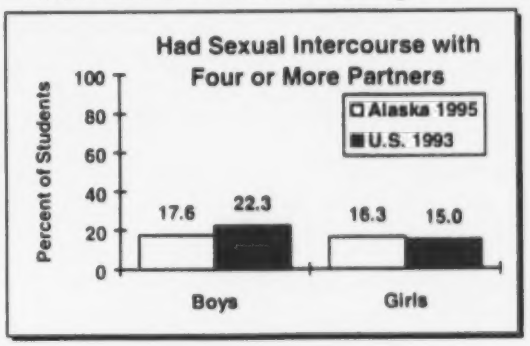
1995 Alaska YRBS-High School Results



Number of Partners

Among Alaska high school boys, 17.6% have had sexual intercourse with four or more partners. Of Alaska girls, 16.3% report having had four or more partners. The data suggest that Alaska rates for boys are less than U.S. rates.

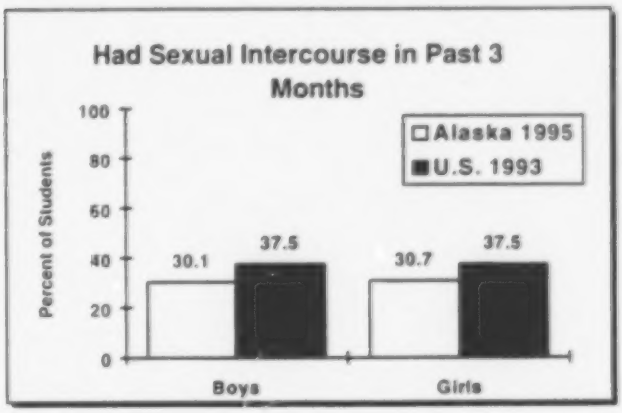
1995 Alaska & 1993 U.S. YRBS-High School Results



Current Sexual Activity

Among high school students, over 30% have had sexual intercourse within the past 3 months. The U.S. rates are higher than the Alaska rates.

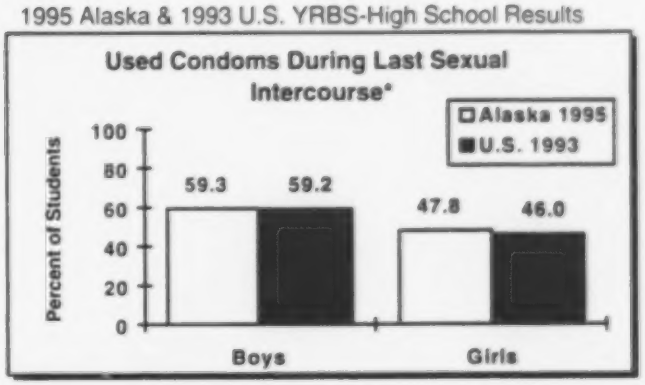
1995 Alaska & 1993 U.S. YRBS-High School Results



Condom Use

Almost 60% of high school boys and over 45% of girls who have had sexual intercourse used a condom during last intercourse. Rates for Alaska and U.S. are similar.

1995 Alaska & 1993 U.S. YRBS-High School Results



*Among students who have ever had sexual intercourse.

Section 5: Weight and Dietary Behaviors

BACKGROUND

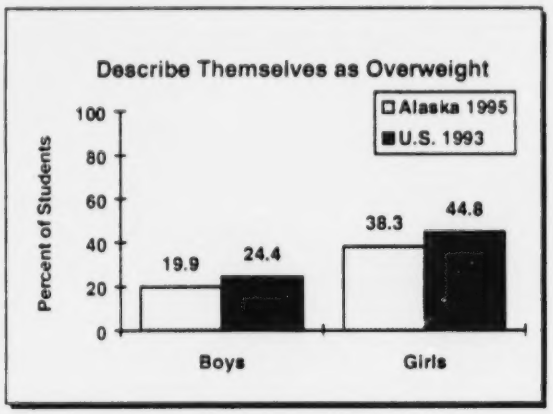
National data show that obesity is increasing among adolescents. Obesity acquired during childhood often persists into adulthood, increasing the later risk for diabetes, high blood pressure and heart disease[8]. In addition, obesity can cause social and psychological stress to children and adolescents[9].
Adolescent girls may develop eating disorders. An overemphasis on thinness may also be unhealthy.
To avoid problems of obesity and eating disorders, healthy eating habits should be encouraged among adolescents. Current dietary guidelines include increasing consumption of breads, grains and cereals; eating at least five servings of fruits and vegetables per day and maintaining a healthy weight[10].

YRBS RESULTS

Perception of Weight

More than one third of high school girls describe themselves as overweight. Girls are more likely to describe themselves as overweight than are boys. Alaska students are somewhat less likely to describe themselves as overweight than are U.S. students.

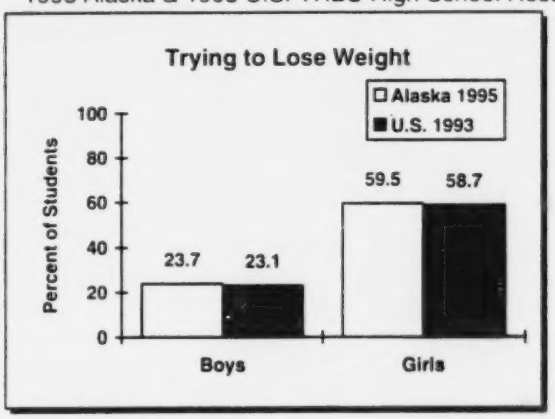
1995 Alaska & 1993 U.S. YRBS-High School Results



Trying to Lose Weight

Although 38.3% of girls describe themselves as overweight, 59.5% are trying to lose weight--almost twice as many. The percent of boys who are trying to lose weight is similar to the percent who perceive themselves as being overweight.

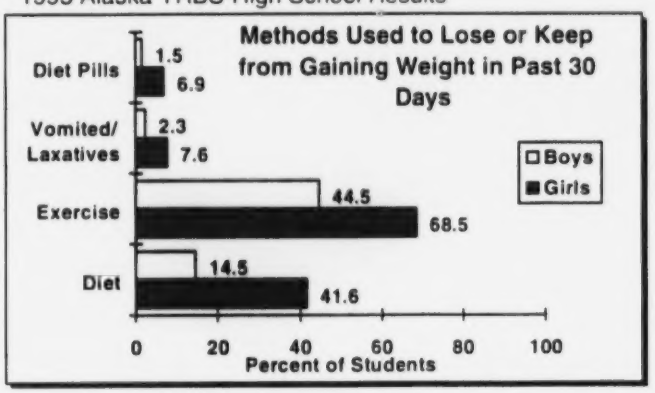
1995 Alaska & 1993 U.S. YRBS-High School Results



Methods To Lose or Keep from Gaining Weight

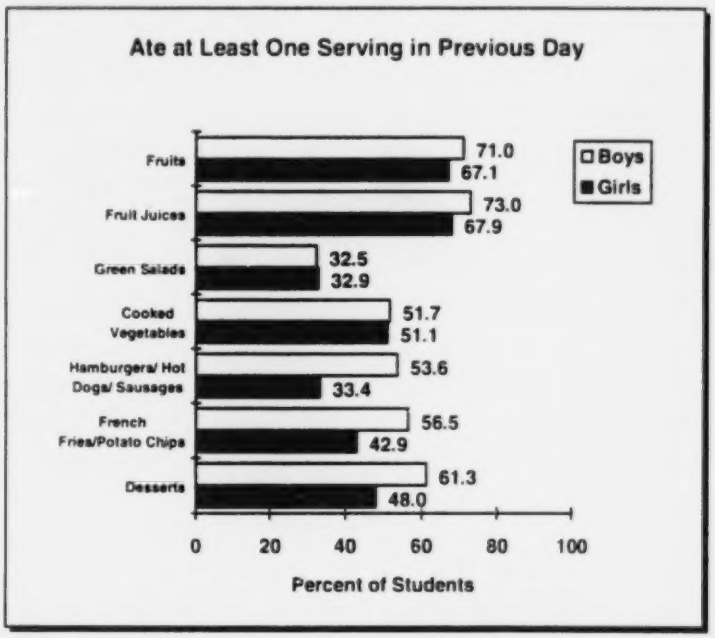
Exercise and diet are the most common method used by high school students to lose or keep from gaining weight. About 8% of high school girls have vomited or used laxatives for weight loss and 6.9% have used diet pills within the past 30 days. Equivalent data for the U.S. are not available.

1995 Alaska YRBS-High School Results



Nutrition Behaviors

Alaska boys are more likely than Alaska girls to report eating hamburgers, french fries and desserts (cakes, cookies, doughnuts, pie). Over 70% of boys and 67% of girls reported eating fruit and drinking fruit juice in the previous day.



Section 6: Physical Activity

BACKGROUND

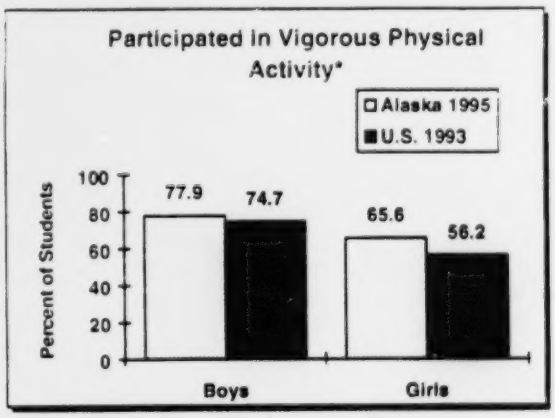
Regular physical activity can increase life expectancy[11]. Physical activity can also enhance mental health and self-esteem, of particular benefit to adolescents[12]. As with nutrition, development of good exercise habits in childhood and adolescence which are maintained into adulthood can prevent or delay many chronic diseases.

YRBS RESULTS

Vigorous Physical Activity

Among Alaska high school students, 77.9% of boys and 65.6% of girls participated in vigorous physical activity on 3 or more of the 7 days prior to the survey. Alaska students, especially girls, are more likely to report vigorous physical activity than are U.S. students.

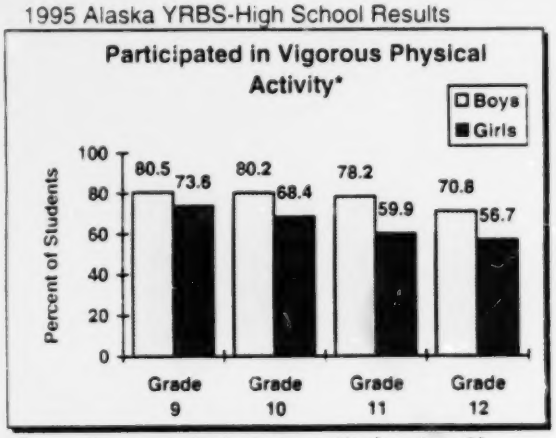
1995 Alaska & 1993 U.S. YRBS-High School Results



*Exercised or participated in sports activities for at least 20 minutes that caused sweating and heavy breathing, on 3 or more of the past 7 days.

Among both boys and girls in Alaska, the proportion reporting vigorous exercise decreases with increasing grade level. The decrease is most apparent among girls.

1995 Alaska YRBS-High School Results

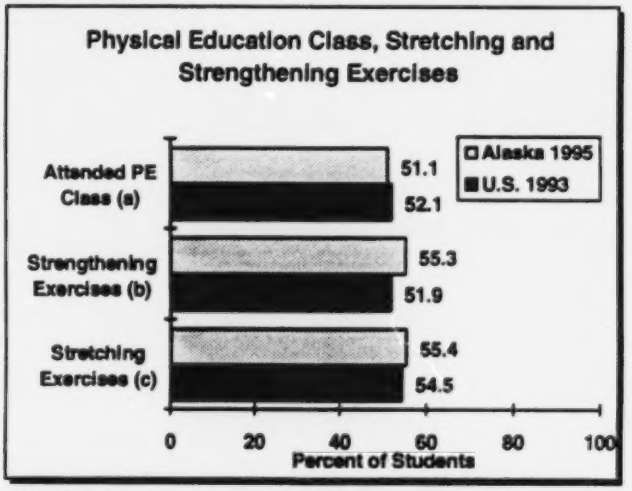


*Exercised or participated in sports activities for at least 20 minutes that caused sweating and heavy breathing, on 3 or more of the past 7 days.

Other Participation in Physical Activity

Approximately 50% of Alaska high school students participate in physical education classes. Participation decreases with increasing grade; 65.9% of ninth graders attend PE classes, whereas 42.0% of 12th graders attend PE classes (data not shown). Boys more commonly report muscle strengthening exercises than girls (61.6% of boys and 48.5% of girls). Similar percentages of boys and girls report stretching exercises. Alaska and U.S. students are similar for participation in these exercises.

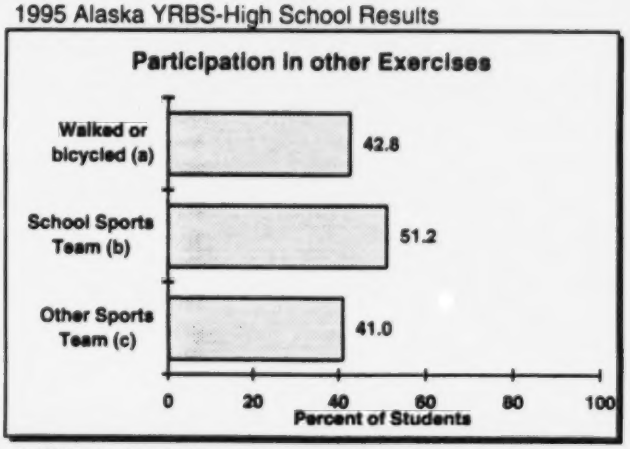
1995 Alaska & 1993 U.S. YRBS-High School Results



a) Attended PE class one or more days in an average school week.
b) Exercises to strengthen or tone muscles on 3 of the past 7 days.
c) Stretching exercises on 3 of the past 7 days.

Among Alaska high school students, 42.8% walked or bicycled (at least 30 minutes on 3 of the past 7 days); the percentage of students walking and bicycling also decreases with increasing grade level. About half of all high school students report participating on at least one school sponsored sports team in the past 12 months.

1995 Alaska YRBS-High School Results



a) Walked or bicycled for at least 30 minutes on 3 of the past 7 days.
b) Played on 1 or more sports teams sponsored by the school in the past 12 months.
c) Played on one or more sports teams run by organizations outside the school in the past 12 months.

Middle School Results
Grades 7-8

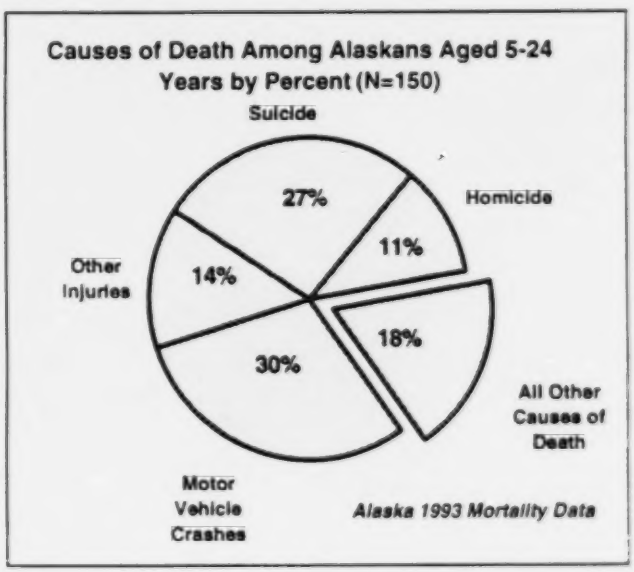
Introduction:

The report that follows presents selected findings from the 1995 middle school YRBS. The results of survey questions, number of responses and weighted percentages are included in Appendix B. The middle school survey is not always comparable to the high school survey as noted under Survey Limitations (page iii). Comparable U.S. middle school data are also not available. The responses in the report represent all students surveyed unless otherwise specified.

Section 1: Injury

BACKGROUND

Injuries are the leading causes of death among children, adolescents and young adults. As shown in the accompanying graph, 82% of the deaths among young people in Alaska (ages 5-24 years) are attributable to injuries, including motor vehicle crashes, homicide, suicide and other unintentional injuries. In the age group 5-14 years, boys are 1.3 times as likely to die and in the age group 15-24 years, boys and young men are almost 3 times as likely to die as girls and young women. Furthermore, Alaskans of all ages have one of the highest suicide rates in the U.S. (Alaska: 23.6/100,000; U.S.:11.2/100,000)[1].

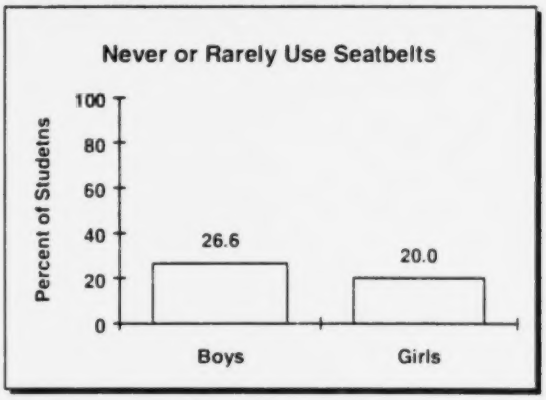


YRBS RESULTS

Seatbelt Use

Among middle school students, 23.6% of boys and 20.0% of girls report never or rarely using seatbelts when riding in a car. About 56% report using seatbelts all or most of the time.

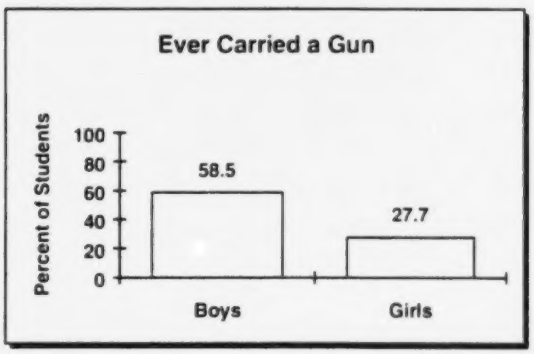
1995 Alaska YRBS-Middle School Results



Carried a Gun

Almost 60% of middle school boys and almost 30% of girls report having ever carried a gun. The survey did not inquire about the reasons for carrying a gun; some students may be involved in hunting and other sports activities.

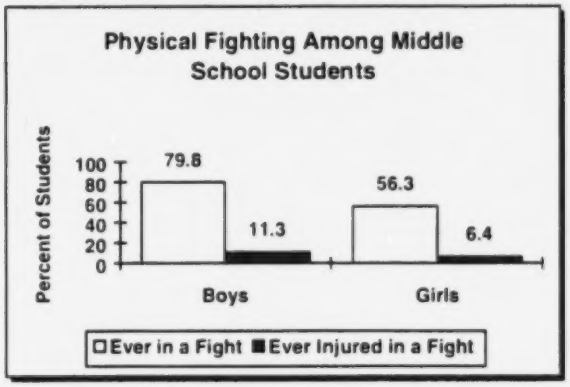
1995 Alaska YRBS -Middle School Results



Physical Fighting

Most middle school boys and over half of the girls have been involved in a physical fight at least once in their lifetime. Almost 10% of boys and girls report having received an injury in a physical fight severe enough to have required treatment by a doctor or nurse.

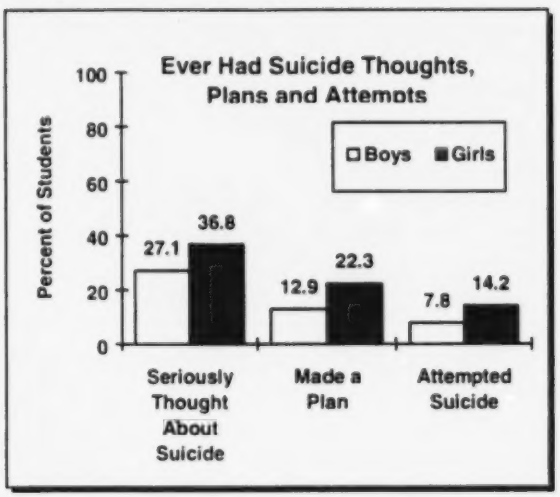
1995 Alaska YRBS-Middle School Results



Suicide

A number of middle school students have thought about suicide, made plans or attempted suicide in their lifetimes. Girls are more likely to report suicide thoughts, plans and attempts than are boys.

1995 Alaska YRBS-Middle School Results



Section 2: Tobacco Use

BACKGROUND

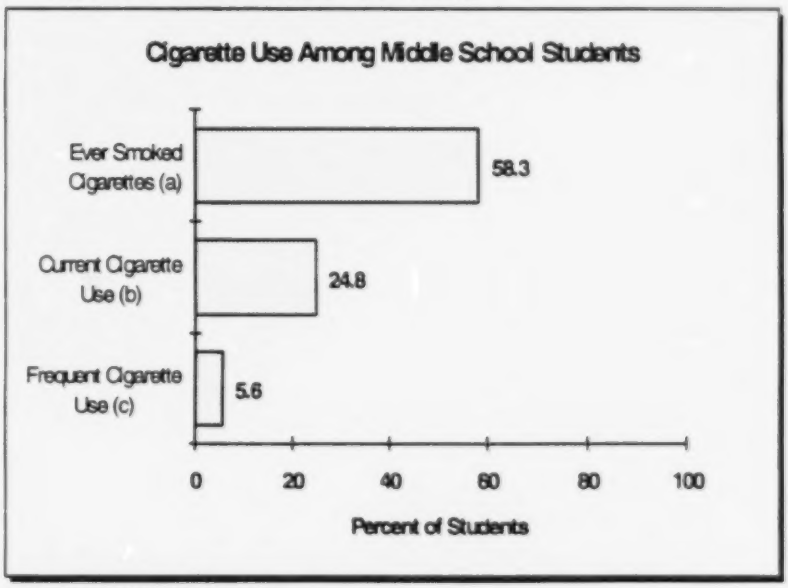
Tobacco is the leading preventable cause of premature mortality in the United States. The majority of Alaska smokers (83.7%), began smoking between the ages of 10 and 20 years[2]. Because of the addictive properties of nicotine, smokers find it difficult to quit. Therefore, many efforts to decrease smoking in our society have been directed towards youth to decrease access to tobacco products and to discourage youth from starting to smoke[3].

YRBS RESULTS

Cigarette Smoking

Over half of middle school students have tried smoking at least once; about one-fourth smoked at least one day in the past 30 days and 5.6% smoked on 20 or more of the past 30 days.

1995 Alaska YRBS-Middle School Results

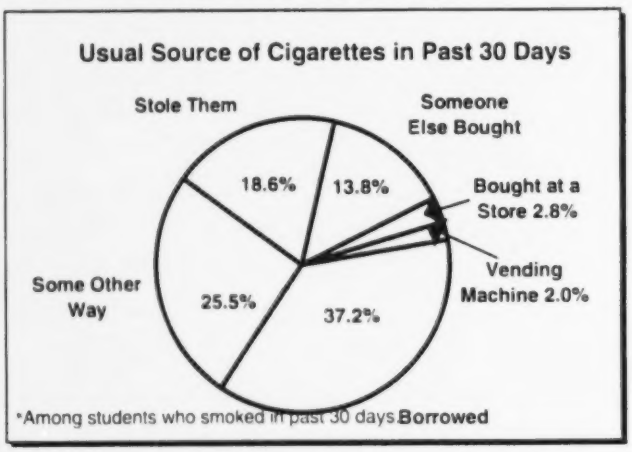


a) Ever tried cigarette smoking.
b) Smoked on at least one of the 30 days prior to the survey.
c) Smoked on at least 20 of the 30 days prior to the survey.

Where are Students Getting Cigarettes?

The most common way middle school students obtain cigarettes is by borrowing them from someone else (37.2% of smokers); very few middle school smokers purchased cigarettes themselves at a store or vending machine in the 30 days prior to the survey.

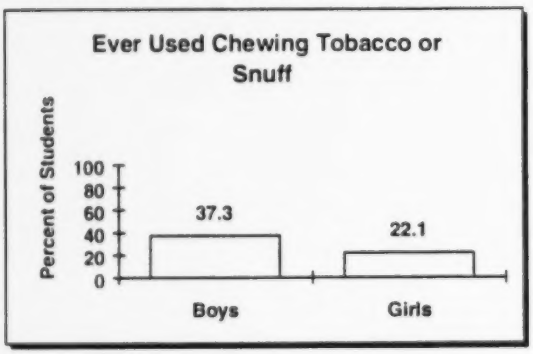
1995 Alaska YRBS-Middle School Results



Chewing Tobacco and Snuff

Boys are more likely to report ever having used chewing tobacco or snuff (37.3%) and over 20% of girls have also used smokeless tobacco products.

1995 Alaska YRBS-Middle School Results



Section 3: Drug and Alcohol Use

BACKGROUND

Alcohol and drug abuse are major contributing factors in homicides, suicides and motor vehicle crashes, which are the leading causes of death and disability among young people in the U.S. and in Alaska. Heavy drinking and drug abuse among youth are linked to physical fights, destroyed property, job problems, school failure, delinquency, unwanted pregnancies and transmission of sexually transmitted diseases[4,5].

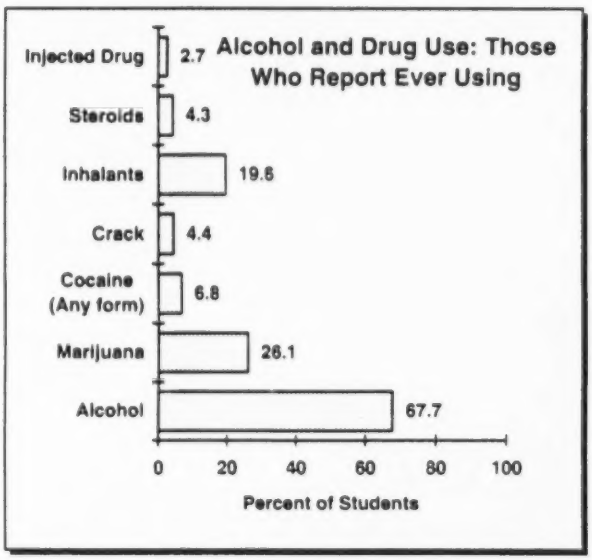
An estimated 19.2% of Alaska adults report binge drinking (having five or more drinks on an occasion, one or more time in the past month). Alaska's rate of binge drinking is among the highest in the U.S.[6].

YRBS RESULTS

Use of Drugs and Alcohol

Over two thirds of middle school students report ever having had a drink of alcohol. The alcohol question excluded drinking wine for religious reasons. The next most common drugs are marijuana and inhalants (glue, paints and sprays). Nearly 20% of students report ever having used inhalants and 26.1% report ever having used marijuana.

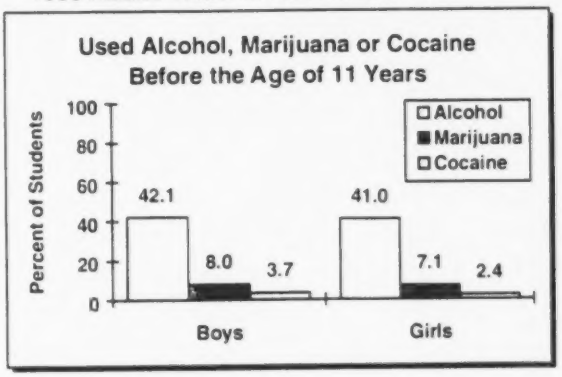
1995 Alaska YRBS-Middle School Results



Use of Alcohol, Marijuana and Cocaine Before Age Eleven Years

Over 40% of middle school students report having had a first drink of alcohol before age 11 years. Over 7% report having tried marijuana for the first time before age 11 years, accounting for about 30% of those who ever used marijuana.

1995 Alaska YRBS-Middle School Results



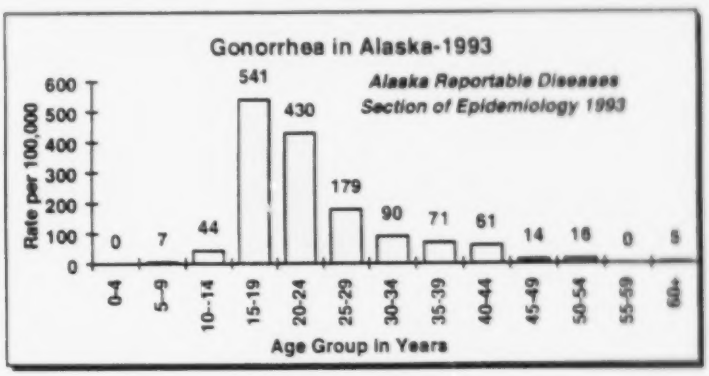
Section 4: Sexual Behaviors

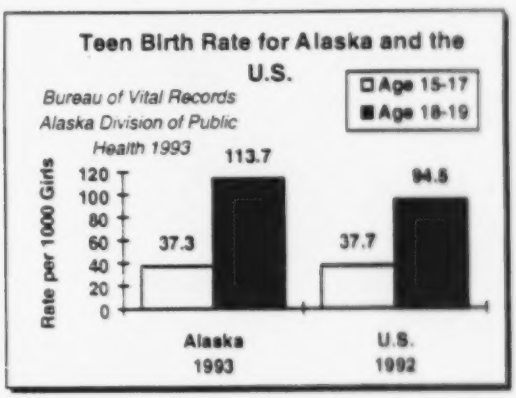
BACKGROUND

Early sexual activity can be associated with unwanted pregnancy and sexually transmitted diseases, including HIV infection. Sexually transmitted diseases can lead to infertility, pelvic inflammatory disease and other complications. HIV infection which leads to AIDS is not curable and preventive efforts are the only means of decreasing the spread of the epidemic.

The graph below shows that the age group 15-19 years has the highest rate of gonorrhea infection.

The graph below shows the teen birth rate for Alaska and for the U.S. In 1993, 428 girls age 17 and younger gave birth in Alaska[7].

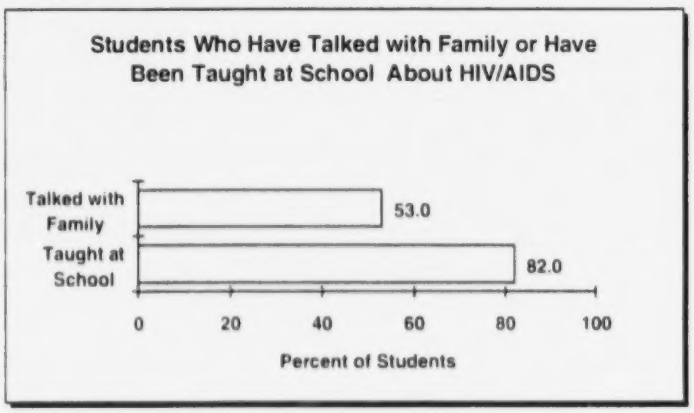




How are Alaska Middle School Students Learning about HIV/AIDS?

A large majority, 82.0%, of middle school students have received education about HIV/AIDS at school. About 50% report that they have talked about HIV/AIDS infection with their parents or other adults in the family. There is little difference between boys and girls at this level.

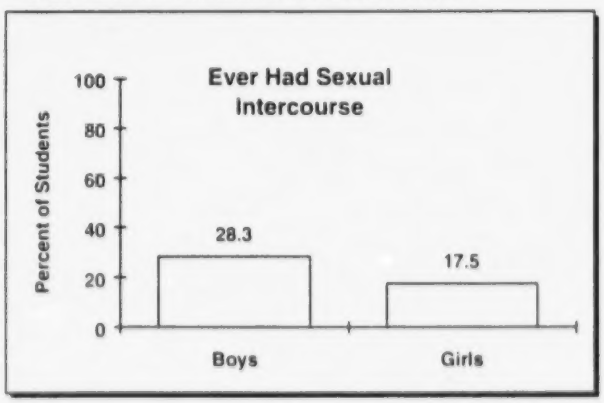
1995 Alaska YRBS-Middle School Results



Sexual Activity

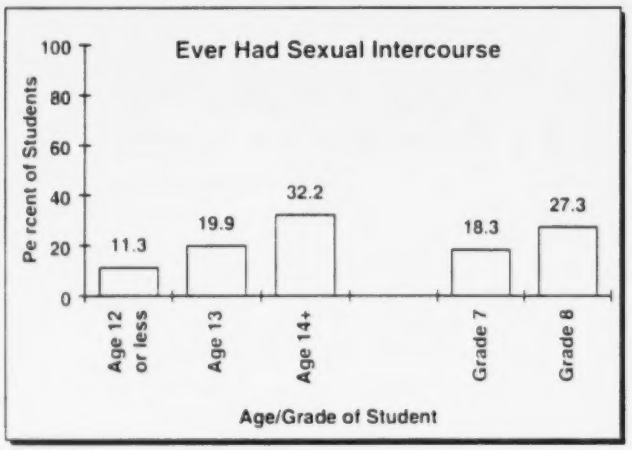
Boys are more likely to have had intercourse than are girls. Of middle school boys 28.3% report that they have had sexual intercourse at least once, compared to 17.5% of girls.

1995 Alaska YRBS-Middle School Results



The probability of having sexual intercourse increases with the age of the student. More than 10% of 12-year-olds report having had sexual intercourse and over 30% of 14-year-olds report having had sexual intercourse at least once. Eighth graders are more likely to report having sexual intercourse than seventh graders.

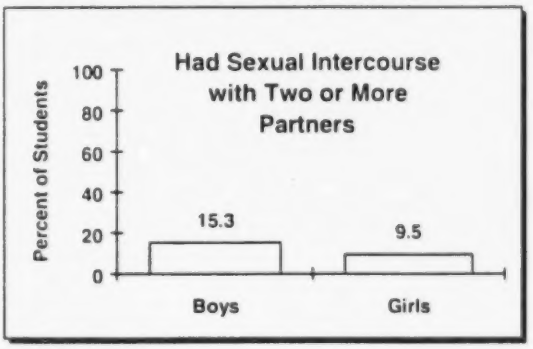
1995 Alaska YRBS-Middle School Results



Number of Partners

About 10% of girls and 15% of boys report having had sexual intercourse with more than one partner.

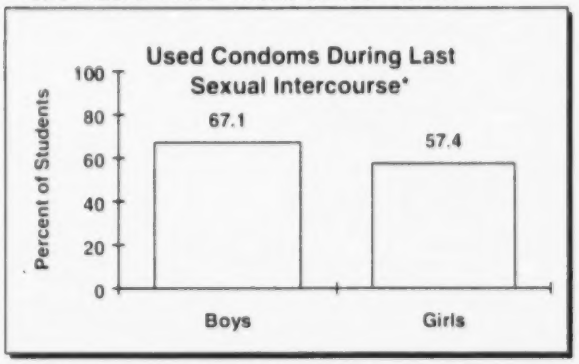
1995 Alaska YRBS-Middle School Results



Condom Use

About two-thirds of students who have had sexual intercourse used a condom during last intercourse; boys are more likely to report condom use than are girls.

1995 Alaska YRBS-Middle School Results



*Among students who reported having had sexual intercourse.

Section 5: Weight and Dietary Behaviors

BACKGROUND

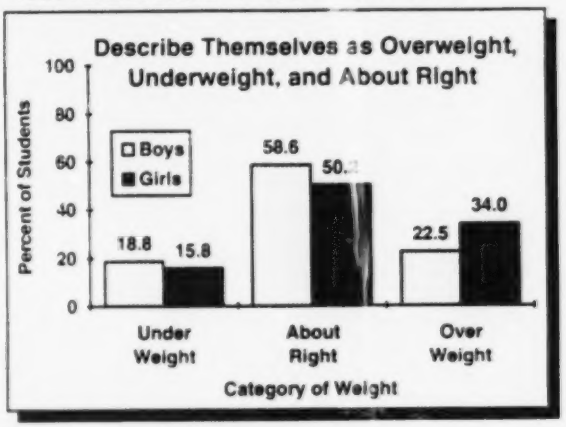
National data show that obesity is increasing among adolescents. Obesity acquired during childhood often persists into adulthood, increasing the later risk for diabetes, high blood pressure and heart disease[8]. In addition, obesity can cause social and psychological stress to children and adolescents[9].
Adolescent girls may develop eating disorders. An overemphasis on thinness may also be unhealthy.
To avoid problems of obesity and eating disorders, healthy eating habits should be encouraged among adolescents. Current dietary guidelines include increasing consumption of breads, grains and cereals; eating at least five servings of fruits and vegetables per day and maintaining a healthy weight[10].

YRBS RESULTS

Description of Weight

About one-third of middle school girls describe themselves as overweight. Girls are slightly more likely than boys to describe themselves as overweight and boys are more likely to describe themselves as underweight or of normal weight.

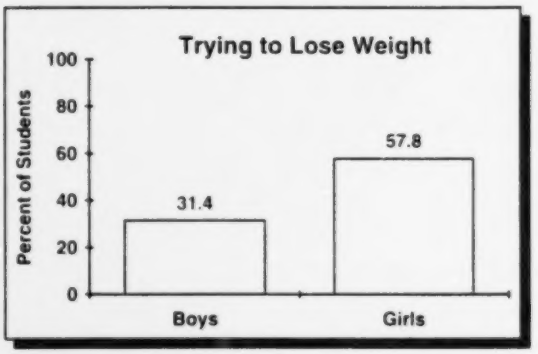
1995 Alaska YRBS- Middle School Results



Trying to Lose Weight

Although 34.0% of girls describe themselves as overweight, 57.8% are trying to lose weight. The difference between perception of being overweight (22.5%) and trying to lose weight (31.4%) is not as dramatic among the boys.

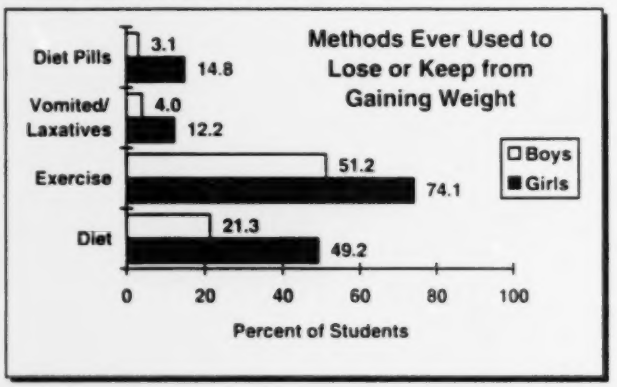
1995 Alaska YRBS-Middle School Results



Methods To Lose or Keep from Gaining Weight

The most common methods ever used by middle school students to lose or keep from gaining weight are exercise and dieting. About 12% of middle school girls have vomited or used laxatives for weight loss and about 15% have used diet pills.

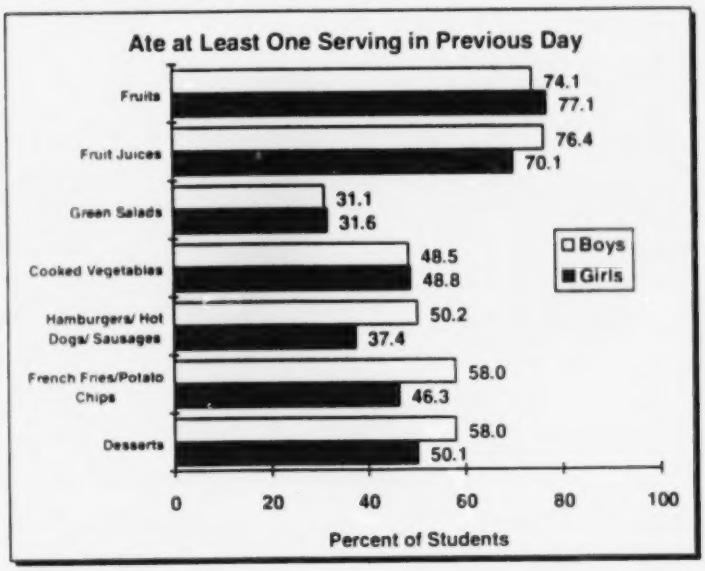
1995 Alaska YRBS-Middle School Results



Nutrition Behaviors

Seventy-five percent of students report eating at least one serving of fruit and fruit juice on the previous day. About half report eating cooked vegetables on the previous day. Boys are more likely than girls to report eating hamburgers, hot dogs, french fries and desserts (cakes, cookies, doughnuts, pie).

1995 Alaska YRBS-Middle School Results



Section 6: Physical Activity

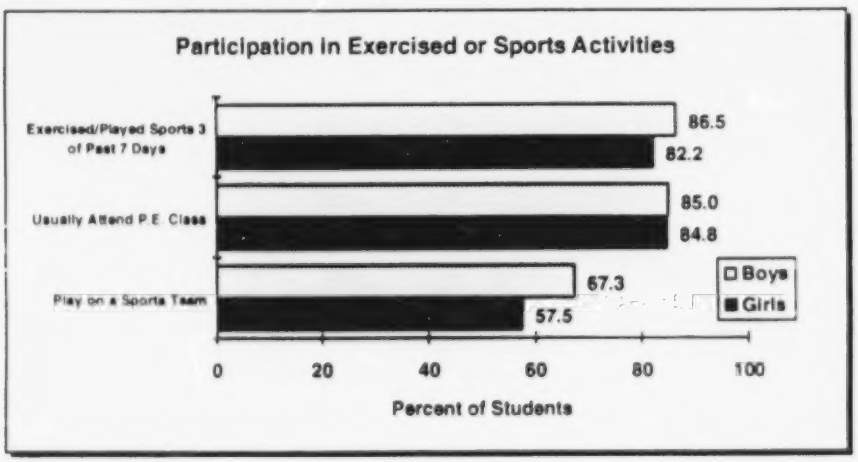
BACKGROUND

Regular physical activity can increase life expectancy[11]. Physical activity can also enhance mental health and self-esteem, of particular benefit to adolescents[12]. As with nutrition, development of good exercise habits in childhood and adolescence which are maintained into adulthood can prevent or delay many chronic diseases.

YRBS RESULTS

Over 80% of middle school boys and girls report that they have exercised or played sports 3 of the past 7 days. Both boys and girls report similar exercise frequencies, although boys are slightly more likely than girls to play on a sports team.

1995 Alaska YRBS-Middle School Results



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Appendix A
High School Questions
and
Alaska Responses

High School Questions and Alaska Responses

	Unweighted N	Weighted Percent
1. How old are you?		
12 years or younger	2	0.1
13 years	2	0.1
14 years	160	9.6
15 years	433	26.7
16 years	432	25.8
17 years	389	22.3
18 years or older	215	15.3
Total	1633	100.0
2. What is your sex?		
Female	807	47.6
Male	821	52.4
Total	1628	100.0
3. In what grade are you?		
9th grade	497	29.8
10th grade	383	25.8
11th grade	477	23.0
12th grade	269	21.0
Ungraded or Other	6	0.4
Total	1632	100.0
4. How do you describe yourself?		
White - not Hispanic	1147	68.3
Black - not Hispanic	87	5.2
Hispanic or Latino	53	3.3
Asian or Pacific Islander	75	4.3
American Indian or Alaskan Native	184	15.0
Other	62	3.9
Total	1608	100.0
5. How often do you wear a seat belt when riding in a car driven by someone else?		
Never	95	6.3
Rarely	196	13.2
Sometimes	271	17.6
Most of the time	497	29.4
Always	571	33.5
Total	1630	100.0
6. During the past 12 months, how many times did you ride a motorcycle?		
0 times	1191	73.8
1 to 10 times	291	17.9
11 to 20 times	51	3.2
21 to 39 times	16	0.9
40 or more times	69	4.2
Total	1618	100.0

	Unweighted N	Weighted Percent
7. When you rode a motorcycle during the past 12 months, how often did you wear a helmet?		
I did not ride a motorcycle during the past 12 months	1167	73.3
Never wore a helmet	129	8.5
Rarely wore a helmet	38	2.4
Sometimes wore a helmet	27	1.7
Most of the time wore a helmet	51	2.9
Always wore a helmet	183	11.1
Total	1595	100.0
8. During the past 12 months, how many times did you ride a bicycle?		
0 times	243	15.8
1 to 10 times	480	30.0
11 to 20 times	238	14.5
21 to 39 times	167	10.1
40 or more times	480	29.6
Total	1608	100.0
9. When you rode a bicycle during the past 12 months, how often did you wear a helmet?		
I did not ride a bicycle during the past 12 months	238	15.5
Never wore a helmet	1125	70.2
Rarely wore a helmet	77	4.5
Sometimes wore a helmet	58	3.5
Most of the time wore a helmet	49	2.8
Always wore a helmet	59	3.5
Total	1606	100.0
10. During the past 30 days, how many times did you ride in a car or other vehicle driven by someone who had been drinking alcohol?		
0 times	1100	68.1
1 time	176	11.1
2 or 3 times	199	11.6
4 or 5 times	49	2.7
6 or more times	105	6.5
Total	1629	100.0
11. During the past 30 days, how many times did you drive a car or other vehicle when you had been drinking alcohol?		
0 times	1413	87.7
1 time	107	6.4
2 or 3 times	45	2.7
4 or 5 times	25	1.6
6 or more times	26	1.5
Total	1616	100.0

	Unweighted N	Weighted Percent
12. During the past 30 days, on how many days did you carry a weapon such as a gun, knife, or club?		
0 days	1234	76.5
1 day	80	5.0
2 or 3 days	80	4.9
4 or 5 days	34	2.1
6 or more days	182	11.4
Total	1610	100.0
13. During the past 30 days, on how many days did you carry a gun?		
0 days	1475	90.9
1 day	63	3.9
2 or 3 days	34	2.1
4 or 5 days	13	0.8
6 or more days	34	2.2
Total	1619	100.0
14. During the past 30 days, on how many days did you carry a weapon such as a gun, knife, or club on school property?		
0 days	1428	87.7
1 day	47	3.1
2 or 3 days	37	2.3
4 or 5 days	11	0.7
6 or more days	98	6.1
Total	1621	100.0
15. During the past 30 days, how many days did you not go to school because you felt you would be unsafe at school or on your way to or from school?		
0 days	1570	96.4
1 day	26	1.5
2 or 3 days	20	1.3
4 or 5 days	6	0.4
6 or more days	7	0.4
Total	1629	100.0
16. During the past 12 months, how many times has someone threatened or injured you with a weapon such as a gun, knife, or club on school property?		
0 times	1469	90.6
1 time	57	3.3
2 or 3 times	61	3.5
4 or 5 times	11	0.7
6 or 7 times	7	0.5
8 or 9 times	4	0.2
10 or 11 times	4	0.2
12 or more times	18	1.0
Total	1631	100.0

	Unweighted N	Weighted Percent
17. During the past 12 months, how many times has someone stolen or deliberately damaged your property such as your car, clothing, or books on school property?		
0 times	1032	64.2
1 time	243	14.7
2 or 3 times	240	14.5
4 or 5 times	54	3.3
6 or 7 times	23	1.3
8 or 9 times	9	0.5
10 or 11 times	6	0.4
12 or more times	19	1.1
Total	1626	100.0
18. During the past 12 months, how many times were you in a physical fight?		
0 times	1038	64.2
1 time	249	15.7
2 or 3 times	174	10.9
4 or 5 times	65	4.3
6 or 7 times	21	1.4
8 or 9 times	8	0.6
10 or 11 times	8	0.4
12 or more times	43	2.5
Total	1606	100.0
19. During the past 12 months, how many times were you in a physical fight in which you were injured and had to be treated by a doctor or nurse?		
0 times	1545	95.3
1 time	56	3.5
2 or 3 times	10	0.7
4 or 5 times	3	0.3
6 or more times	6	0.3
Total	1620	100.0
20. During the past 12 months, how many times were you in a physical fight on school property?		
0 times	1351	83.4
1 time	166	10.5
2 or 3 times	62	4.0
4 or 5 times	14	0.8
6 or 7 times	7	0.4
8 or 9 times	0	0.0
10 or 11 times	6	0.4
12 or more times	10	0.5
Total	1616	100.0

	Unweighted N	Weighted Percent
21. The last time you were in a physical fight, with whom did you fight?		
I have never been in a physical fight	671	41.5
A total stranger	137	8.6
A friend or someone I know	398	25.5
A boyfriend, girlfriend, or date	16	1.0
A parent, brother, sister, or other family member	167	9.8
Someone not listed above	135	8.1
More than one of the persons listed above	92	5.5
Total	1616	100.0
22. During the past 12 months, did you ever seriously consider attempting suicide?		
Yes	392	23.9
No	1237	76.1
Total	1629	100.0
23. During the past 12 months, did you make a plan about how you would attempt suicide?		
Yes	308	18.7
No	1320	81.3
Total	1628	100.0
24. During the past 12 months, how many times did you actually attempt suicide?		
0 times	1394	90.6
1 time	79	5.3
2 or 3 times	41	2.7
4 or 5 times	10	0.8
6 or more times	9	0.6
Total	1533	100.0
25. If you attempted suicide during the past 12 months, did any attempt result in an injury, poisoning, or overdose that had to be treated by a doctor or nurse?		
I did not attempt suicide during the past 12 months	1389	90.6
Yes	41	2.9
No	98	6.6
Total	1528	100.0
26. Have you ever tried cigarette smoking, even one or two puffs?		
Yes	1142	72.1
No	467	27.9
Total	1609	100.0

	Unweighted N	Weighted Percent
27. How old were you when you smoked a whole cigarette for the first time?		
I have never smoked a whole cigarette	664	39.5
8 years or younger	119	7.8
9 or 10 years	123	7.7
11 or 12 years	239	15.2
13 or 14 years	287	18.0
15 or 16 years	159	9.8
17 years or older	30	1.9
Total	1621	100.0
28. During the past 30 days, on how many days did you smoke cigarettes?		
0 days	1041	63.5
1 or 2 days	94	5.8
3 to 5 days	51	3.2
6 to 9 days	43	2.7
10 to 19 days	59	3.7
20 to 29 days	79	5.1
All 30 days	235	16.0
Total	1602	100.0
29. During the past 30 days, on the days you smoked, how many cigarettes did you smoke per day?		
I did not smoke cigarettes during the past 30 days	1039	63.2
Less than 1 cigarette per day	78	5.0
1 cigarette per day	96	6.0
2 to 5 cigarettes per day	241	15.6
6 to 10 cigarettes per day	88	6.2
11 to 20 cigarettes per day	46	2.9
More than 20 cigarettes per day	18	1.1
Total	1606	100.0
30. During the past 30 days, how did you usually get your own cigarettes? (Select only one response.)		
I did not smoke cigarettes during the past 30 days	1032	62.9
I bought them in a store such as a convenience store, supermarket, or gas station	152	9.8
I bought them from a vending machine	11	0.7
I gave someone else money to buy them for me	142	9.7
I borrowed them from someone else	170	10.4
I stole them	32	1.9
I got them some other way	71	4.7
Total	1610	100.0
31. When you bought cigarettes in a store during the past 30 days, were you ever asked to show proof of age?		
I did not smoke cigarettes during the past 30 days	1013	61.6
I did not buy cigarettes in a store during the past 30 days	313	20.2
Yes, I was asked to show proof of age	85	5.7
No, I was not asked to show proof of age	191	12.5
Total	1602	100.0

	Unweighted N	Weighted Percent
32. During the past 30 days, on how many days did you smoke cigarettes on school property?		
0 days	1325	81.2
1 or 2 days	81	5.3
3 to 5 days	39	2.6
6 to 9 days	17	0.9
10 to 19 days	34	2.2
20 to 29 days	45	2.8
All 30 days	75	5.0
Total	1616	100.0
33. Have you ever tried to quit smoking cigarettes?		
Yes	571	40.0
No	904	60.0
Total	1475	100.0
34. During the past 30 days, on how many days did you use chewing tobacco or snuff, such as Redman, Levi Garrett, Beechnut, Skoal, Skoal Bandits, or Copenhagen?		
0 days	1377	84.4
1 or 2 days	87	5.6
3 to 5 days	39	2.3
6 to 9 days	27	1.7
10 to 19 days	25	1.6
20 to 29 days	26	1.7
All 30 days	41	2.7
Total	1622	100.0
35. During the past 30 days, on how many days did you use chewing tobacco or snuff on school property?		
0 days	1470	90.5
1 or 2 days	55	3.4
3 to 5 days	27	1.6
6 to 9 days	14	0.9
10 to 19 days	12	0.7
20 to 29 days	16	0.9
All 30 days	30	1.9
Total	1624	100.0
36. How old were you when you had your first drink of alcohol other than a few sips?		
I have never had a drink of alcohol other than a few sips	300	19.5
8 years or younger	222	14.5
9 or 10 years	117	7.4
11 or 12 years	232	14.8
13 or 14 years	404	26.2
15 or 16 years	229	14.8
17 years or older	35	2.8
Total	1539	100.0

	Unweighted N	Weighted Percent
37. During your life, on how many days have you had at least one drink of alcohol?		
0 days	304	19.9
1 or 2 days	193	13.6
3 to 9 days	247	15.7
10 to 19 days	190	12.3
20 to 39 days	198	12.6
40 to 99 days	192	12.2
100 or more days	208	13.7
Total	1532	100.0
38. During the past 30 days, on how many days did you have at least one drink of alcohol?		
0 days	824	52.5
1 or 2 days	348	22.7
3 to 5 days	188	11.7
6 to 9 days	108	6.7
10 to 19 days	73	4.5
20 to 29 days	23	1.5
All 30 days	8	0.4
Total	1572	100.0
39. During the past 30 days, on how many days did you have 5 or more drinks of alcohol in a row, that is, within a couple of hours?		
0 days	1096	68.7
1 day	177	11.4
2 days	114	7.1
3 to 5 days	112	6.6
6 to 9 days	64	3.8
10 to 19 days	33	2.0
20 or more days	7	0.4
Total	1603	100.0
40. During the past 30 days, on how many days did you have at least one drink of alcohol on school property?		
0 days	1524	94.1
1 or 2 days	71	4.3
3 to 5 days	8	0.6
6 to 9 days	10	0.6
10 to 19 days	3	0.1
20 to 29 days	2	0.1
All 30 days	4	0.2
Total	1622	100.0
41. How old were you when you tried marijuana for the first time?		
I have never tried marijuana	841	51.4
8 years or younger	37	2.7
9 or 10 years	33	2.2
11 or 12 years	104	6.9
13 or 14 years	303	18.9
15 or 16 years	245	14.1
17 years or older	56	3.9
Total	1619	100.0

	Unweighted N	Weighted Percent
42. During your life, how many times have you used marijuana?		
0 times	838	51.6
1 or 2 times	126	8.2
3 to 9 times	152	9.7
10 to 19 times	96	6.1
20 to 39 times	113	6.8
40 to 99 times	81	5.1
100 or more times	204	12.6
Total	1610	100.0
43. During the past 30 days, how many times did you use marijuana?		
0 times	1138	71.3
1 or 2 times	177	11.0
3 to 9 times	108	6.6
10 to 19 times	68	4.1
20 to 39 times	48	2.8
40 or more times	69	4.2
Total	1608	100.0
44. During the past 30 days, how many times did you use marijuana on school property?		
0 times	1455	90.8
1 or 2 times	80	4.7
3 to 9 times	34	2.0
10 to 19 times	18	1.0
20 to 39 times	13	0.8
40 or more times	14	0.8
Total	1614	100.0
45. How old were you when you tried any form of cocaine, including powder, crack, or freebase, for the first time?		
I have never tried cocaine	1488	91.7
8 years or younger	6	0.4
9 or 10 years	6	0.4
11 or 12 years	9	0.6
13 or 14 years	29	1.9
15 or 16 years	57	3.5
17 years or older	25	1.5
Total	1620	100.0
46. During your life, how many times have you used any form of cocaine, including powder, crack, or freebase?		
0 times	1487	91.8
1 or 2 times	61	3.6
3 to 9 times	25	1.5
10 to 19 times	17	1.3
20 to 39 times	9	0.6
40 or more times	19	1.3
Total	1618	100.0

	Unweighted N	Weighted Percent
47. During the past 30 days, how many times did you use any form of cocaine, including powder, crack, or freebase?		
0 times	1583	97.4
1 or 2 times	21	1.3
3 to 9 times	7	0.5
10 to 19 times	5	0.4
20 to 39 times	1	0.1
40 or more times	7	0.4
Total	1624	100.0
48. During your life, how many times have you used the crack or freebase forms of cocaine?		
0 times	1547	95.4
1 or 2 times	42	2.6
3 to 9 times	9	0.5
10 to 19 times	9	0.7
20 to 39 times	2	0.1
40 or more times	10	0.7
Total	1619	100.0
49. During your life, how many times have you sniffed glue, or breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high?		
0 times	1275	77.8
1 or 2 times	187	11.3
3 to 9 times	93	6.0
10 to 19 times	36	2.2
20 to 39 times	20	1.3
40 or more times	21	1.4
Total	1632	100.0
50. During your life, how many times have you taken steroid pills or shots without a doctor's prescription?		
0 times	1567	96.1
1 or 2 times	31	1.9
3 to 9 times	9	0.5
10 to 19 times	9	0.5
20 to 39 times	2	0.1
40 or more times	13	0.9
Total	1631	100.0
51. During your life, how many times have you used any other type of illegal drug, such as LSD, PCP, ecstasy, mushrooms, speed, ice, or heroin?		
0 times	1321	81.2
1 or 2 times	125	7.7
3 to 9 times	82	4.9
10 to 19 times	44	2.6
20 to 39 times	18	0.9
40 or more times	41	2.7
Total	1631	100.0

	Unweighted N	Weighted Percent
52. During your life, how many times have you used a needle to inject any illegal drug into your body?		
0 times	1599	98.0
1 time	12	0.7
2 or more times	21	1.3
Total	1632	100.0
53. During the past 12 months, has anyone offered, sold, or given you an illegal drug on school property?		
Yes	570	34.1
No	1059	65.9
Total	1629	100.0
54. Have you ever been taught about AIDS or HIV infection in school?		
Yes	1500	92.1
No	74	4.6
Not Sure	53	3.4
Total	1627	100.0
55. Have you ever talked about AIDS or HIV infection with your parents or other adults in your family?		
Yes	1070	64.0
No	447	28.9
Not Sure	110	7.1
Total	1627	100.0
56. Have you ever had sexual intercourse?		
Yes	741	47.2
No	851	52.8
Total	1592	100.0
57. How old were you when you had sexual intercourse for the first time?		
I have never had sexual intercourse	851	52.8
11 years or younger	75	4.8
12 years	56	3.6
13 years	109	7.0
14 years	170	10.9
15 years	158	10.0
16 years	113	6.9
17 years or older	59	4.0
Total	1591	100.0
58. During your life, with how many people have you had sexual intercourse?		
I have never had sexual intercourse	851	52.8
1 person	260	16.7
2 people	122	7.5
3 people	98	5.9
4 people	60	4.0
5 people	42	2.5
6 or more people	158	10.5
Total	1591	100.0

	Unweighted N	Weighted Percent
59. During the past 3 months, with how many people did you have sexual intercourse?		
I have never had sexual intercourse	852	52.9
I have had sexual intercourse, but not during the past 3 months	253	16.6
1 person	341	21.0
2 people	73	4.7
3 people	34	2.3
4 people	10	0.7
5 people	5	0.3
6 or more people	24	1.5
Total	1592	100.0
60. Did you drink alcohol or use drugs before you had sexual intercourse the last time?		
I have never had sexual intercourse	849	52.7
Yes	188	12.0
No	554	35.3
Total	1591	100.0
61. The last time you had sexual intercourse, did you or your partner use a condom?		
I have never had sexual intercourse	849	52.9
Yes	416	26.7
No	321	20.4
Total	1586	100.0
62. The last time you had sexual intercourse, what one method did you or your partner use to prevent pregnancy? (Select only one response.)		
I have never had sexual intercourse	853	53.4
No method was used to prevent pregnancy	125	8.2
Birth control pills	91	5.6
Condoms	363	23.4
Withdrawal	91	5.8
Some other method	34	2.2
Not sure	20	1.4
Total	1577	100.0
63. How many times have you been pregnant or gotten someone pregnant?		
0 times	1527	93.9
1 time	61	3.9
2 or more times	19	1.2
Not sure	14	1.0
Total	1621	100.0
64. How do you describe your weight?		
Very underweight	17	1.0
Slightly underweight	225	13.5
About the right weight	913	56.8
Slightly overweight	414	25.2
Very overweight	56	3.5
Total	1625	100.0

	Unweighted N	Weighted Percent
65. Which of the following are you trying to do about your weight?		
Lose weight	675	40.7
Gain weight	287	17.7
Stay the same weight	277	17.8
I am not trying to do anything about my weight	388	23.8
Total	1627	100.0
66. During the past 30 days, did you diet to lose weight or keep from gaining weight?		
Yes	465	27.4
No	1159	72.6
Total	1624	100.0
67. During the past 30 days, did you exercise to lose weight or to keep from gaining weight?		
Yes	930	55.9
No	696	44.1
Total	1626	100.0
68. During the past 30 days, did you vomit or take laxatives to lose weight or to keep from gaining weight?		
Yes	77	4.9
No	1549	95.1
Total	1626	100.0
69. During the past 30 days, did you take diet pills to lose weight or to keep from gaining weight?		
Yes	68	4.1
No	1559	95.9
Total	1627	100.0
70. Yesterday, how many times did you eat fruit?		
0 times	511	30.9
1 time	495	31.0
2 times	388	23.5
3 or more times	230	14.6
Total	1624	100.0
71. Yesterday, how many times did you drink fruit juice?		
0 times	479	29.4
1 time	459	28.3
2 times	342	21.2
3 or more times	343	21.1
Total	1623	100.0
72. Yesterday, how many times did you eat green salad?		
0 times	1079	67.2
1 time	449	26.8
2 times	71	4.4
3 or more times	25	1.6
Total	1624	100.0

	Unweighted N	Weighted Percent
73. Yesterday, how many times did you eat cooked vegetables?		
0 times	794	48.6
1 time	634	38.9
2 times	151	9.6
3 or more times	45	2.9
Total	1624	100.0
74. Yesterday, how many times did you eat hamburger, hot dogs, or sausage?		
0 times	922	55.9
1 time	497	31.2
2 times	154	9.5
3 or more times	51	3.4
Total	1624	100.0
75. Yesterday, how many times did you eat french fries or potato chips?		
0 times	820	49.9
1 time	591	36.7
2 times	146	9.1
3 or more times	66	4.3
Total	1623	100.0
76. Yesterday, how many times did you eat cookies, doughnuts, pie, or cake?		
0 times	734	45.0
1 time	558	34.5
2 times	221	13.9
3 or more times	106	6.6
Total	1619	100.0
77. On how many of the past 7 days did you exercise or participate in sports activities for at least 20 minutes that made you sweat and breathe hard, such as basketball, jogging, swimming laps, tennis, fast bicycling, or similar aerobic activities?		
0 days	169	11.0
1 day	124	7.9
2 days	151	9.2
3 days	201	12.5
4 days	178	11.1
5 days	273	16.6
6 days	155	9.5
7 days	366	22.2
Total	1617	100.0
78. On how many of the past 7 days did you do stretching exercises, such as toe touching, knee bending, or leg stretching?		
0 days	378	24.5
1 day	151	9.6
2 days	165	10.5
3 days	177	11.0
4 days	141	8.1
5 days	237	14.2
6 days	107	6.3
7 days	266	15.7
Total	1622	100.0

	Unweighted N	Weighted Percent
79. On how many of the past 7 days did you do exercises to strengthen or tone your muscles, such as push-ups, sit-ups, or weight lifting?		
0 days	404	26.3
1 day	131	8.3
2 days	165	10.2
3 days	197	12.1
4 days	178	10.7
5 days	204	12.1
6 days	90	5.0
7 days	252	15.5
Total	1621	100.0
80. On how many of the past 7 days did you walk or bicycle for at least 30 minutes at a time? (Include walking or bicycling to or from school.)		
0 days	494	31.3
1 day	221	13.0
2 days	205	12.9
3 days	166	10.3
4 days	125	7.4
5 days	112	6.9
6 days	60	3.6
7 days	235	14.6
Total	1618	100.0
81. In an average week when you are in school, on how many days do you go to physical education (PE) classes?		
0 days	782	48.9
1 day	20	1.3
2 days	18	1.4
3 days	113	7.3
4 days	236	14.8
5 days	448	26.4
Total	1617	100.0
82. During an average physical education (PE) class, how many minutes do you spend actually exercising or playing sports?		
I do not take PE	737	46.0
Less than 10 minutes	41	2.7
10 to 20 minutes	98	5.6
21 to 30 minutes	188	10.9
More than 30 minutes	552	34.8
Total	1616	100.0
83. During the past 12 months, on how many sports teams run by your school, did you play? (Do not include PE classes.)		
0 teams	796	48.8
1 team	407	24.9
2 teams	242	15.0
3 or more teams	174	11.3
Total	1619	100.0

	Unweighted N	Weighted Percent
84. During the past 12 months, on how many sports teams run by organizations outside of your school, did you play?		
0 teams	949	59.0
1 team	398	24.4
2 teams	158	9.9
3 or more teams	113	6.7
Total	1618	100.0

Appendix B
Middle School Questions
and
Alaska Responses

Middle School Questions and Alaska Responses

	Unweighted N	Weighted Percent
1. How old are you?		
10 years or younger	3	0.2
11 years	1	0.1
12 years	197	15.5
13 years	591	46.8
14 years	404	31.7
15 years	60	4.8
16 years or older	10	0.9
Total	1265	100.0
2. What is your sex?		
Female	608	47.7
Male	651	52.3
Total	1259	100.0
3. In what grade are you?		
6th grade	4	0.3
7th grade	636	50.6
8th grade	606	48.0
Other	11	1.0
Total	1257	100.0
4. How often do you wear a seal belt when riding in a car?		
Never	145	11.4
Rarely	154	12.2
Sometimes	252	20.3
Most of the time	347	27.7
Always	360	28.4
Total	1258	100.0
5. When you ride a bicycle, how often do you wear a helmet?		
I do not ride a bicycle	106	8.6
Never wear a helmet	821	65.4
Rarely wear a helmet	131	10.3
Sometimes wear a helmet	87	6.9
Most of the time wear a helmet	62	4.7
Always wear a helmet	52	4.0
Total	1259	100.0
6. When you rollerblade or ride a skateboard, how often do you wear a helmet?		
I do not rollerblade or ride a skateboard	584	46.1
Never wear a helmet	523	42.4
Rarely wear a helmet	57	4.4
Sometimes wear a helmet	36	3.0
Most of the time wear a helmet	23	1.8
Always wear a helmet	29	2.3
Total	1252	100.0

	Unweighted N	Weighted Percent
7. Have you ever ridden in a car driven by someone who had been drinking alcohol?		
Yes	577	45.8
No	479	37.9
Not Sure	205	16.2
Total	1261	100.0
8. Have you ever carried a gun?		
Yes	537	43.6
No	723	56.2
Total	1260	100.0
9. Have you ever carried any other type of weapon, such as a knife or club?		
Yes	742	60.1
No	518	39.9
Total	1260	100.0
10. Have you ever been in a physical fight?		
Yes	860	68.7
No	391	31.3
Total	1251	100.0
11. Have you ever been in a physical fight in which you were hurt and had to be treated by a doctor or nurse?		
Yes	114	9.2
No	1139	90.8
Total	1253	100.0
12. Have you ever seriously thought about killing yourself?		
Yes	390	31.8
No	851	68.2
Total	1241	100.0
13. Have you ever made a plan to kill yourself?		
Yes	221	17.5
No	1042	82.5
Total	1263	100.0
14. Have you ever tried to kill yourself?		
Yes	139	11.1
No	1119	88.9
Total	1258	100.0

	Unweighted N	Weighted Percent
15. Have you ever tried cigarette smoking?		
Yes	714	58.3
No	509	41.7
Total	1223	100.0
16. How old were you when you smoked a whole cigarette for the first time?		
I have never smoked a whole cigarette	622	51.8
9 years or younger	185	15.5
10 years	100	8.2
11 years	86	7.2
12 years	103	8.4
13 years	83	6.7
14 years	25	2.1
15 years or older	2	0.2
Total	1206	100.0
17. During the past 30 days, on how many days did you smoke cigarettes?		
0 days	884	75.2
1 or 2 days	80	6.6
3 to 5 days	62	5.5
6 to 9 days	37	3.2
10 to 19 days	43	3.7
20 to 29 days	20	1.7
All 30 days	44	3.9
Total	1170	100.0
18. During the past 30 days, on the days you smoked, how many cigarettes did you smoke per day?		
I did not smoke cigarettes during the past 30 days	877	74.6
Less than 1 cigarette per day	95	8.2
1 cigarette per day	63	5.4
2 to 5 cigarettes per day	100	8.7
6 to 10 cigarettes per day	19	1.8
11 to 20 cigarettes per day	5	0.4
More than 20 cigarettes per day	11	0.9
Total	1170	100.0
19. During the past 30 days, how did you usually get your own cigarettes? (Select only one answer.)		
I did not smoke cigarettes during the past 30 days	885	75.3
I bought them in a store	9	0.7
I bought them from a vending machine	6	0.5
I gave someone else money to buy them for me	39	3.4
I borrowed them from someone else	108	9.2
I stole them	51	4.6
I got them some other way	73	6.3
Total	1171	100.0

	Unweighted N	Weighted Percent
20. When you bought cigarettes in a store during the past 30 days, were you ever asked to show proof of age?		
I did not smoke cigarettes during the past 30 days	904	72.0
I did not buy cigarettes during the past 30 days	258	20.9
Yes, I was asked to show proof of age	11	0.9
No, I was not asked to show proof of age	77	6.2
Total	1250	100.0
21. Have you ever used chewing tobacco or snuff, such as Redman, Skoal Bandits, or Copenhagen?		
Yes	373	30.3
No	878	69.7
Total	1251	100.0
22. Have you ever had a drink of alcohol, other than for religious reasons?		
Yes	800	67.7
No	386	32.3
Total	1186	100.0
23. How old were you when you had your first drink of alcohol?		
I have never had a drink of alcohol other than for religious regions	382	32.2
9 years or younger	370	31.8
10 years	116	9.9
11 years	97	8.2
12 years	105	8.7
13 years	87	7.3
14 years	22	1.9
15 years	0	0.0
Total	1179	100.0
24. Have you ever used marijuana?		
Yes	317	26.1
No	896	73.9
Total	1213	100.0
25. How old were you when you tried marijuana for the first time?		
I have never tried marijuana	899	73.4
9 years or younger	59	5.0
10 years	33	2.7
11 years	49	4.1
12 years	77	6.2
13 years	82	6.6
14 years	25	2.0
15 years	0	0.0
Total	1224	100.0
26. Have you ever used any form of cocaine?		
Yes	78	6.8
No	1099	93.2
Total	1177	100.0

	Unweighted N	Weighted Percent
27. How old were you when you tried any form of cocaine for the first time?		
I have never tried cocaine	1113	92.9
9 years or younger	37	3.1
10 years	3	0.2
11 years	4	0.3
12 years	17	1.5
13 years	18	1.5
14 years	4	0.4
15 years or older	1	0.1
Total	1197	100.0
28. Have you ever used the crack or freebase forms of cocaine?		
Yes	54	4.4
No	1175	95.6
Total	1229	100.0
29. Have you ever sniffed glue, or breathed the contents of spray cans, or inhaled any paints or sprays to get high?		
Yes	243	19.6
No	1013	80.4
Total	1256	100.0
30. Have you ever used steroids?		
Yes	54	4.3
No	1200	95.7
Total	1254	100.0
31. Have you ever used a needle to inject any illegal drug into your body?		
Yes	34	2.7
No	1223	97.3
Total	1257	100.0
32. Have you ever been taught about AIDS or HIV infection in school?		
Yes	1040	82.0
No	118	10.0
Not Sure	100	8.0
Total	1258	100.0
33. Have you ever talked about AIDS or HIV infection with your parents or other adults in your family?		
Yes	669	53.0
No	449	35.6
Not Sure	142	11.4
Total	1260	100.0
34. Have you ever had sexual intercourse?		
Yes	270	23.2
No	923	76.8
Total	1193	100.0

	Unweighted N	Weighted Percent
35. How old were you when you had sexual intercourse for the first time?		
I have never had sexual intercourse	922	76.7
9 years or younger	57	4.5
10 years	26	2.2
11 years	21	1.8
12 years	57	4.9
13 years	70	5.8
14 years	34	3.0
15 years or older	5	0.4
Total	1194	100.0
36. With how many different people Have you ever had sexual intercourse?		
I have never had sexual intercourse	916	76.6
1 person	125	10.8
2 people	57	5.1
3 people or more	89	7.6
Total	1187	100.0
37. The last time you had sexual intercourse, did you or your partner use a condom?		
I have never had sexual intercourse	919	76.8
Yes	169	14.7
No	100	8.6
Total	1188	100.0
38. How do you describe your weight?		
Very underweight	49	3.9
Slightly underweight	171	13.5
About the right weight	678	54.5
Slightly overweight	300	23.6
Very overweight	56	4.4
Total	1254	100.0
39. Which of the following are you trying to do about your weight?		
Lose weight	553	43.9
Gain weight	168	13.6
Stay the same weight	233	19.1
I am not trying to do anything about my weight	295	23.5
Total	1249	100.0
40. Have you ever dieted to lose weight or keep from gaining weight?		
Yes	433	34.5
No	813	65.5
Total	1246	100.0
41. Have you ever exercised to lose weight or to keep from gaining weight?		
Yes	776	62.1
No	470	37.9
Total	1246	100.0

	Unweighted N	Weighted Percent
42. Have you ever vomited or taken laxatives to lose weight or to keep from gaining weight?		
Yes	100	7.9
No	1144	92.1
Total	1244	100.0
43. Have you ever taken diet pills to lose weight or keep from gaining weight?		
Yes	110	8.7
No	1136	91.3
Total	1246	100.0
44. Yesterday, how many times did you eat fruit?		
0 times	309	24.6
1 time	408	32.7
2 times	315	24.8
3 or more times	219	17.9
Total	1251	100.0
45. Yesterday, how many times did you drink fruit juice?		
0 times	336	26.7
1 time	328	26.4
2 times	254	20.6
3 or more times	331	26.3
Total	1249	100.0
46. Yesterday, how many times did you eat green salad?		
0 times	861	68.6
1 time	310	24.6
2 times	58	4.7
3 or more times	27	2.1
Total	1256	100.0
47. Yesterday, how many times did you eat cooked vegetables?		
0 times	642	51.5
1 time	451	36.2
2 times	122	9.6
3 or more times	35	2.8
Total	1250	100.0
48. Yesterday, how many times did you eat hamburger, hot dogs, or sausage?		
0 times	698	56.0
1 time	396	31.7
2 times	109	8.8
3 or more times	43	3.4
Total	1246	100.0

	Unweighted N	Weighted Percent
49. Yesterday, how many times did you eat french fries or potato chips?		
0 times	596	47.5
1 time	469	37.7
2 times	131	10.8
3 or more times	50	4.0
Total	1246	100.0
50. Yesterday, how many times did you eat cookies, doughnuts, pie, or cake?		
0 times	574	45.7
1 time	392	31.6
2 times	162	13.0
3 or more times	119	9.7
Total	1247	100.0
51. On how many of the past 7 days did you exercise or play sports such as basketball, soccer, running, swimming laps, tennis, or fast bicycling?		
0 days	61	4.7
1 day	59	4.8
2 days	75	6.1
3 days	91	7.1
4 days	96	7.9
5 days	181	14.6
6 days	122	9.9
7 days	552	44.9
Total	1237	100.0
52. How many days per week do you usually go to physical education (PE) or gym class?		
0 days	185	15.1
1 day	34	2.8
2 days	52	4.2
3 days	222	17.7
4 days	105	8.3
5 days	640	51.9
Total	1238	100.0
53. Do you play on any sports teams run by your school or by other organizations outside your school?		
Yes	762	62.5
No	465	37.5
Total	1227	100.0
54. Do you do any other organized physical activity besides sports teams, such as dance, gymnastics, or swimming?		
Yes	581	48.1
No	636	51.9
Total	1217	100.0

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